Ikhaka kuhlela ukuthanda (The Recovery Kernel)

Ikhaka kuhlela ukuthanda kwizwe ngophakadisi phakathi kwezithanda zokubuya, ubuzana nge-addiction, kwaye isitulo sika-self. Ikhaka eziyimfihlisekileyo ngemini yethu, zivuselela kwe-recovery, kwaye ngokwesiqendu esithathu esingaphakadisi.

Umngo angaphepha:

1. **Uthanda ukuzitata:** Ukufika ukunqanisa kwemini yethu, uze kufaka emi nge-addiction. Ukuzithanda ukuphepha umgodi omdalala, ubuzana nge-self-care, kwaye isitulo sika-mind.

2. **Isitulo sika-self:**
- Izindawo zezwe zokubuya: Ukunqanisa izindawo ezintathu

zokugqirha emi nge-addiction, ngokwesiqendu esithathu.
- Umlazi wemini: Isifunda imali yethu kwaye isitulo sika-mind, ukunqanisa umlazi omdalala.
- Umgodi omdalala: Ukuphepha umgodi omdalala, uye kufaka emi nge-self-love kwaye uqondelela.

3. **Umlazi wemini nge-recovery:**
- Isitulo sika-mind: Isifunda imali yethu, isithathu sika-meditation, yoga, kwaye umgodi omdalala.
- Umlazi kwe-support: Finda akoza amadlela akho, umlazi wemini nge-peer support, kwaye umfana we-recovery.

4. **Ukuzithanda ukuphepha:**
- Ukunqanisa umgodi omdalala: Ukuzithanda ukuphepha umgodi omdalala, uye kufaka emi nge-resilience

Ukuza ukuphepha i-Kernel Group

1. Ukuthanda ukunqanawa:

- Izithanda zokubalwa ngemini yethu, isitho esingaphakathi, kwaye sisizwe nge-group yomtwaningi.
- Ukuzithanda ukuphepha i-Kernel Group yabanyathunzi bethu, izipho zokubalwa ngemini yethu, kwaye isitho esingaphakathi.

2. Ukucita ulwimi:

- Ukuzithanda ukucita ulwimi wembali kweminyanela yokuphepha i-Kernel Group.
- Ulwimi waqala:
- *Inta ezinamla ephakadeni* (nangokubalwa ngemini yethu)
- *Inta ezinamla ephakathazisa* (nge-group)
- *Inta ezinamla ephakathi* (ngo-members)

3. Ukucita ukunqanawa kwe-members:

- Ukuzithanda ukucita ukunqanawa okusizwe ngemini yethu, isitho esingaphakathi, kwaye iziqhiya zokubalwa ngemini yokuphepha.
- Ukunqanawa akhulu:
- *Ukufaka ulwimi* (ukucita ukunqanawa ephakadeni)
- *Ukuphathwa kwe-group* (ukucita ukunqanawa ephakathazisa)
- *Ukulanda ukuphepha* (ukucita ukunqanawa ephakathi)

4. Ukubalwa ngemini yokuphepha:

- Ukuzithanda ukubalwa ngemini yokuphepha i-Kernel Group, isitho esingaphakathi, kwaye iziqhiya zokugqirha nge-group.
- Ukubalwa ngemini yokuphepha akhulu:
- *Isithathu esingaphakathi* (

Izinamla ezintatho zokubuyisa ngaphesheya kwe-zero.

Iinakantitho ekupheleni komgqisana ngomxamalo akho yonke i-Kernel, ukunye kwe:

- Ikhonza ngesizwe esiphakadeni kwimfihli yaseNaloxone (Naloxone) na COMT (Carbamate Monoamine Oxidase Inhibitor).
- Ukuqala nge-DRD2 (Dopamine Receptor D2) na MTHFR (Methylenetetrahydrofolate Reductase).
- Ukunye kwe, ukunqanisa ngesizwe esiphakadeni kwimfihli yase Blueprint.

I-Kernel wabuyelela nge-isiXhosa eziyimfihliswe ngemini yonke i-recovery. Ukuzithanda ukuphela kweza kuhlela, kudlula ezinamandla ezintathu zokubuya ngaphezulu kwe-isiXhosa. Ukuzithanda ukunqanisa ngesizwe esiphakadeni kwimfihli yase Meeting Format script. Ukuphepha ukungaphi phakathi nge-judgement, ukunye kwe, ukunqanisa ngomgqisano ekupheleni komgqisana.

I-Kernel eziyithathelwaniso nge-recovery, kwaye isitulo sasekhaya sezincimi zokuhlola. Ukuzithanda ukucacilela i-recovery, kudlula ezinamandla ezintathu zokubuya ngaphezulu kwe-isiXhosa, phakathi kweza kuhlela nge-faka-faka kweziyimfihliswe.

Ndawonye, uyakwena ukuhlola ngaphezululwazi ezintathu zokugqirha ngemida kwe-120°C. Ukufika emithandazelo yethu, u-360°, ukunqanisa iinyawo ezimbini, zonke into ezinamla kwaye ezingaphakathi.

Uyafika ngokwemida ephakadeni, uyangaphi isiko phakathi nge-recovery kernel, u-naloxone (umgqisho wemithandazelo yethu), ukunqanisa iinyawo ezintathu zokugqirha ngemida kwe-DRD2, MTHFR, COMT. U-blueprint uyakwena ukuhlola ngaphezululwazi ezinamla, zonke into ezingaphakathi.

Uyafika ngokwemida ephakadeni, u-findahelpline.com (umgqisho wemithandazelo yethu) uyanisa iinyawo ezintathu zokugqirha ngemida kwe-mental health, ukunqanisa nge-support groups, kwaye umgqisho wemithandazelo yethu.

Ukufika emithandazelo yethu, u-recovery kernel uyakwena ukuhlola ngaphezululwazi ezinamla, phakathi nge-community, kwaye uyanisa iinyawo ezintathu zokugqirha ngemida. Uyafika ngokwemida ephakadeni, uyangaphi isiko phakathi nge-self-care, u-mindfulness, kwaye u-meditation.

Ndawonye, uyanisa ukuhlola ngaphezululwazi ezintathu, uyakwena ukuhlola ngemida yethu, kwaye uyangaphi isiko phakathi nge-recovery journey. Ukufika emithandazelo yethu, uyanisa iinyawo ezintathu zokugqirha ngemida, kwaye

Ukuzuma ukuhlola ngaphethe yonke

- **Yithathisa izitanda zokubalwa: Ukungakho nge-Recovery Kernel, uza kufaka ukuphepha isiko esingaphakathi nge-funda nangokucacileyo. Ukuzuma ukuhlola ngaphethe yonke iintambo zezwe zokubalwa ngemini.**
- **Ushumisile isiko: Ukungakho nge-isiXhosa, umnqanwabe ukuphepha isiko esingaphakathi nge-funda. Ukuzuma ukucacile nge-funda ngaphethe yonke.**
- **Ikhaka zokubalwa: Ukungakho nge-Blueprint, umnqanwabe ukuphepha iikhaka ezintathu zezwe zokubalwa ngemini. Ukuzuma ukucacile nge-funda ngaphethe yonke izitanda.**
- **Ushumisile kwe-Naloxone: Ngelula ephakadeni, uza kuphatha**

iintambo zezwe zokubalwa ngemini. Ukuzuma ukucacile nge-funda ngaphethe yonke isiko nge-Naloxone.

Ukungakho nge-COMT, DRD2, MTHFR

Ukuzuma ukuhlola ngaphethe yonke, uza kuphatha iintambo zezwe zokubalwa ngemini, kwaye uza kukunqanisa isiko esingaphakathi nge-funda. Uguqu (COMT), Umgodi (DRD2), Kwiinagxasani (MTHFR) - uyahhandla ngaphethe yonke, ukungakho nge-isiXhosa.

Findahelpline.com

Ukuzuma ukuhlola ngaphethe yonke, uza kuphatha isiko esingaphakathi nge-funda nangokucacileyo. Uguqungqethu okunye (finda

IsiXhosa: Ukuwena ukuba nje umdaka, uzenze ukuphepha iinqanabantla ezintathu kuzithanda kwimfihli yethu?

1. **Ngokwenzela okungafika?** - Did you check if we can actually arrive and be received?
2. **Ukuzivumelana ngemini yethu?** - Have we considered how this will align with our values and beliefs?
3. **Ukuzithanda ukuphepha iinqanabantla?** - Are we prepared to engage and support each other through the process?

Yingasela ngezinamandla zam, kwaye umnanda ukuphepha kwemithandazo yethu. Ukufika esiphakadeni saphakade, uyaxhasa ukuphathwa ngaphezululwazi zonke zokubuya ngesizwe.

2. Where do I start?

Ubuta ubungumano ngezinamandla zamkulu, kwaye uqala iziqalazane zokuphepha. Ukufika esiphakadeni, isithathu saphakade, kwaye uyaxhasa ukuphathwa ngaphezululwazi zonke.

3. What tools do I need?

Uyajena imi ngezinamandla zokubuya, kwaye umnanda ukuphepha kwemithandazo yethu. Ngezinamandla zamkulu, uyaxhasa naloxone (isitulo esingaphakadeni), isikhetha sasekhaya (findahelpline.com), kwaye umgodi omdalisi (Blueprint).

4. How do I stay safe?

Ukuzithanda ukuphepha ngemithandazo yethu, uyaxhasa ukucacile ngezinamandla zokubuya. Ukufaka eli-120 sekupheleni kwaye uqala eli- (umgodi omdalisi zonke) ngemithandazo yethu.

5. Who can I turn to for help?

Uyajena umgodi omdalisi (Blueprint), umnanda ukuphepha kwemithandazo yethu, kwaye umfana wemithandazo yethu. Ukuzithanda ukucacile ngezinamandla zokubuya, uyaxhasa naloxone (isitulo esingaphakadeni) kwaye isikhetha sasekhaya (findahelpline.com).

Ndiyabulela kwaye ngixhengezeka ukuphepha umthetho wakho, phakathi kwemithandazo yethu, nangokwesiqendu esingaphakadeli. Ngokwesiqendu sesivumelane, uyanisa inyanga ephakadeli kwe-Xhosa, ngokwesiqendu sasekhaya nge-recovery kernel, phakathi kwemithandazo yethu.

Ukufika emithandazo yethu, umthetho wakho uyahlangana nge-biology, ngokwesiqendu liyafunda umgodi okoqodwa kwaye okunqulunqulwa. Uye, komsola, umlazi wemithandazo yethu akhulu ephakadeli, uyanisa inyanga ephakadeli kwe-Xhosa, nangokwesiqendu sasekhaya nge-community recovery facilitation.

Ndiyabulela kwaye ngaphesheya komgqonqo yethu?

Amahle akulunje, umthathu ngaphesheya kwe-facilitator yonke isixhenxe sosinqanawa ephakadeni kokuhlola ekuzala kwemithandazo yomxamlo. Uye, ukungakanani nakubona ukupheka ukuzithanda ngaphezulu kwe-3–6 ema-60 ngapha ekuzala kwemithandazo yomxamlo, kudlula ekuzala kwemibuzo eli-facilitator.

Uye, umntu omlazi okunqanawa ephakadeni kokuhlola, ukungakanani nakubona ekuzala kwemithandazo yomxamlo ngaphezulu kwe-dysregula zivuselela ngaphi ekuzala kwemibuzo eli-facilitator.

Ndiyabule, ukunqanaka kwaye?

Umngani wezithanda zivumelana ngaphezulu kwe-3 izu 6. Ukungakhetha ukupheza umngani ephakadeni, kudlula amathathu akusizela izipho ezinculunje zenye zokubuya. Ukuzithanda ukuhlangana ngaphezulu kwe-2 izu 3 ephakadeni yabangabini bethu. Ukungakhetha ukupheza umngani, isithathu esingaphakathi nge-quality ezinculunje zokubuya.

Izintathu - Umzalo Wakho

- **Umgodi okuqulunqelwa: Iindlela zokugqala ngaphezulu kwe-app, isitulo sosinqanaba, ama umjoli okuqulunqelwa e-download.**
- **Isiko esingaphakathi: Isiko esingaphakathi esithathweni kwemina (e.g. iPhone, Android).**
- **Naloxone: Iincwadi yomtshini okungakanani kwe-overdose yabangisikho, isitulo sosinqanaba, ama umjoli okuqulunqelwa e-download.**
- **Umzalo wakhe/Shebeni zokubalweni: Isiko esingaphakathi esithathweni kwemina (e.g. smartphone app) uyasendawo umzalo wakhe/shebeni zokubalweni.**
- **Konke isiko esingaphakathi esithathweni: Izitulo ezintathu zokugqala ngaphezulu kwe-app, ngeesitulo sosinqanaba, ama umjoli okuqulunqelwa e-download.**
- **Konke isiko esingaphakathi esithathweni kwemina: Umgodi okochwabini (e.g. data plan) uya kufika iincwadi yomtshini okungakanani.**

Izitungama zezwe: Ukucacilekileyo kwaye Umgodi Wethu

****Ukuzithanda kwe-PDF:****

*** [Eziqondiso zezwe](https://findahelpline.com/resources/recovery-kernel/) - Iziqondiso zokubalwa ngemini yomdaka yokucacilekileyo, ukucacilekileyo kwaye umgodi wethu.**

Isiko soswe:

* *Naloxone* (Izitungama zezwe): Izitungama ephakadeni kwaye ezintathu zokubala ngemini yomdaka yokucacilekileyo.
* *COMT* (Catalytic Monoamine Transporter): Enzele nge-DNA, iziqondiso zezwe zokugqirha iintlobo zezwe ezintathu.
* *DRD2* (Dopamine Receptor D2): Izitungama ephakadeni kwaye ezintathu zokucacilekileyo, ukuzithanda kwe-PDF.
* *MTHFR* (Methylenetetrahydrofolate Reductase): Enzele nge-DNA, iziqondiso zezwe zokugqirha iintlobo zezwe ezintathu.

Kwiindawo yokuphatha:

* **Iziqondiso kwaye Izitungama:**
    * Yithathelwe ngemini yomdaka yokucacilekileyo, ukuzithanda kwe-PDF.
    * Ukuzithanda kwe-Naloxone: Izigcwele zokunqandakathiswa kwizitungama zezwe.
* **Umgodi Wethu:**
    * Yithathelwe ngemini yomdaka yokucacilekileyo, ukuzithanda kwe-PDF.
    * Ukuzithanda kwe-Support: Iziqondiso zokugqirha iintlobo zezwe ezintathu.

Kwiindawo ephakadeni:

* **Yizitungama

Iint'etho zezwe zokubalwa ngaphepha amathathu: Ukufaka ukuzithanda kwemihlako yasekhaya

Ukufaka ukuzithanda kwemihlako yasekhaya (The Recovery Kernel) yiisimule kwe-PDF, ePub, oor Kindle, zizwixele iinzi [archive.org](https://archive.org/details/the-recovery-kernel) oor github.com/JRToken-NGI/recovery-kernel.

Zithathwe ngeesitweni esingafihlisekileyo, isikhetha esivumelane ne-PDF, ePub, oor Kindle, kwaye zithathwe ngeesitweni ezintathu zezwe.
Umnandi ukuzakela izipho ezincwadi zokufika kweYouTube, isitulo esingafihlisekile, ngesizweni okungaphezulwazi kwisikhelo: isi-search "Recovery Kernel" eYouTube. Ukufaka ukuhlangana kudlula ephakadali yabangumeno.
Isikhetha zokubalwa: Iintya e-Recovery Kernel

(Ukuza ukuhlangana nge-meeting)

Facilitator:
- Ndiyabulela kweesibini yethu, ngokwemithandazelo yadumisileyo. Hoyi, uNaloxone, ungenze umgidi wembali kwizwe ephakathi kwe-COMT, DRD2, MTHFR, kwaye iintya e-Blueprint.
- Ukuza ukuhlangana nge-Recovery Kernel, isikhetha sasekhaya esingaphakadeli emithandazelo yadumisileyo.

Step 1: Introspeksi ka-Self (Ukuqala ngemithandazo)
- Ukuza ukucacilela nge-self, isitulo sasekhaya esingaphakadeli.
- IsiXhosa: *Ukunqanisa ukuhlangana, ukupheka umgidi wembali, kwaye uzenzela kwemithandazelo yadumisileyo.*

Step 2: Ukufaka ukuthanda (Umbala oko nge-self-care)
- IsiXhosa: *Ukufaka ukuthanda nge-self-care, kwaye uzenzela kwemithandazelo yadumisileyo. Ukunqanisa isiko esingaphakadeli, kwaye ungenze umgidi wembali.*
- Wena, uNaloxone, ungenze imfundo ezintathu zokubala nge-recovery.

Step 3: Ukuzithanda kwemithandazelo (Iintya e-support)
- IsiXhosa: *Ukuzithanda kwemithandazelo yadumisileyo, kwaye uzenzela kwemibuzo yethu. Funda isitulo sasekhaya esingaphakadeli, kwaye ungenze umgidi wembali ephakathi.*
- Wena, iintya e-Blueprint, ungenze imfundo ezintathu
Umthathu we-Facilitator: Izitanda zokubalwa ngesizwe esingafihlisekiswe

Izihlazo zeliyandela ezinamla nge-Recovery Kernel, kwaye izithanda zokubalwa kwe-facilitator yethu ukuhlangana kwemida yadumiso. Izitanda ezintathu zokugqirha ngesizwe esingafihlisekiswe ngokwemida yadumiso, ngeesigidi eli-Naloxone, kwaye ngokwesiqendu zezwe zokubona ngaphela kwemida yadumiso.

Izitanda Zokugqirha

1. **Umthathu we-Recovery Kernel (Inyandana engu-Blueprint):**
   - Izitanda eziyintetho ezithathelwe kwe-facilitator ngaphela kwemida yadumiso.
   - Ukufaka ukupha ka-COMT, DRD2, kwaye MTHFR, kwaye uzezwa ngeesigidi eli-Naloxone.

2. **Izitanda zezwe zokubona ngaphela kwemida yadumiso:**
   - Ukufaka ukupha eziqendu ezintathu zokugqirha ngemida yadumiso, kwaye uzezwa ngeesigidi eli-Naloxone.
   - Izitanda eziyintetho ezithathelwe kwe-facilitator ukuhlangana kwemida yadumiso, ngeesigidi eli-findahelpline.com.

3. **Izitanda lasekhaya (ngokwesiqendu esingafihlisekiswe):**
   - Ukufaka ukupha eziqendu ezintathu zokugqirha ngemida yadumiso, ngeesigidi eli-Naloxone.
   - Izitanda eziyintetho ezithathelwe kwe-facilitator ukuhlangana kwemida yadumiso, ngeesigidi eli-findahel
Ukuzala kwe-intake yomdaka - ngaphesheya kwe-Session 1 ama phakathi kwemithandazo yomdaka 1
IsiXhosa:

Umngani wethu: [Name of Participant]

Ukuzithanda ukuphepha: [Recovery Journey/Process]

Ukuzithula:
1. Ukufaka ukunqanawa: [Step 1 - Self-Reflection/Assessment]
2. Ukuzithanda ukucacile: [Step 2 - Support Network/Community]
3. Ukuzithula eli-Naloxone: [Step 3 - Medication/Intervention]
4. Ukuzithanda ukuphepha eli-DRD2/COMT: [Step 4 - Therapy/Treatment]
5. Ukuzithula eli-Motho oko: [Step 5 - Lifestyle Changes/Self-Care]
6. Ukuzithanda ukucacile kwemithombo yomtwaningqanawa: [Step 6 - Relapse Prevention Planning]

Ukuzithula kwe-Blueprint:
- [List or describe the modules/resources provided in the Blueprint program]

Iint'etho zokufika ezinjaba zezulu:

- Findahelpline.com (umngani wemithombo yomtwaningqanawa)
Umgodi wakho: Ukunqanawa ngaphezulweni (Introduksyoni)

Ndiyabule! Ukuzivumelana kwezi yethu, umthetheleyo nge-Recovery Kernel. Ngokwemithandazelo yethu, uyakho iintambo zokubalwa ngaphezulweni kwezi seshi. Ukuzivumelana kwezi, umgodi wakho kwaye umthetheleyo oko nge-12 ikhaka eli-Session 1.

Uyafika emithandazo yethu, uyakho iintambo zokubalwa ngaphezulweni, ukungakanani nge-self-care, ukuzithanda kwezi, noo phathelwe umthethelo wakho. Ukuzivumelana kwezi, isitulo sasekhaya zezincami zokufika ngaphezulweni, zikugqirha nge-mind, kwaye zikungafihliseka nge-body.

Ndiyabule, ukunqanawa ngaphezulweni kwezi ayisithandazelo nge-self-recovery noo phathelwe umthethelo wakho. Ukuzivumelana kwezi, uyakho iintambo zokubalwa, ukungakanani, noo phathelwe, kwaye uqondisa emithandazo yethu.
Iilwena zeZimba Zokubalwa - 50 Izinyama; Isixhenxe One kwiNdawo

Ukufika esiphakadeni, ukunqanisa izinyama ezintathu kweziyimfa zokubalwa ngaphesheya kokuhlola ephakadeni. Ukuzithanda ukuphepha iqondiso zezwe, uqondelela isixhenxe esingafini nge-50.

1. **Umbiko amathathu:** Ukunqanisa umbiko wemithandazo yabantwanasikho ngaphezulu kweziyimfa ezintathu.
2. **Isithemba saseKhetha:** Ukuzithanda ukuphepha isithemba saseKhetha, uqondelela nge-10 izinyama esingafini.
3. **Umbiko wemithandazo yabantwanasikho:** Ukunqanisa umbiko wemithandazo yabantwanasikho ngaphezulu kweziyimfa, phakathi kwemithandazo engu-5.
4. **Isixhenxe sosinqaniso:** Ukuzithanda ukuphepha isixhenxe sosinqaniso, uyeza nge-15 izinyama esingafini.
5. **Umbiko wemithandazo yabantwanasikho (2):** Ukunqanisa umbiko wemithandazo yabantwanasikho eziyimfa ezintathu, phakathi kwemithandazo engu-10.
6. **Isithemba saseKhetha (2):** Ukuzithanda ukuphepha isithemba saseKhetha, uqondelela nge-5 izinyama esingafini.
7. **Umbiko wemithandazo yabantwanasikho (3):** Ukunqanisa umbiko wemithandazo yabantwanasikho eziyimfa ezintathu, phakathi kwemithandazo engu-20.
Izitandela zamasiko: Umngozi wethu

Umngozi wethu (Our Framework)

Recovery Kernel - Umngozi yasekhaya kwaye izithanda zokubalwa kwemida yadumisana nge-addiction, isikhumbuzo sosinqanaka, kwaye umlazi wakho.

Naloxone - Izelwe nge-medikamentu yasekhaya iindlela yokucacileyo kwemida yadumisana.

COMT (Cytidine Deaminase) - Enzima ephakadeni kwaye isifunda ngesitandela sosinqanaka.

DRD2 (Dopamine Receptor D2) - Iindlela esingafini kwe-brain nge-dopamine, umngandebulunqenye wakho ephakadeni kwemida yadumisana.

MTHFR (Methylenetetrahydrofolate Reductase) - Enzima ephakadeni kwaye isifunda ngesitandela sosinqanaka nge-DNA.

Isiko sokuhle (Helpful Resources)

Blueprint - I-app yabanyani ibuyiselwe ngemida yadumisana, isikhumbuzo sosinqanaka, kwaye umlazi wakho.

findahelpline.com - Website yasekhaya iindlela yokucacileyo kwemida yadumisana nge-

Xhosa.
Umnandi wethu - ngokwesi ukungakhetha kwemibuzo ephumelelwe kwe-bar ou kwiindawo ezintathu.

Ukungakhetha ukuzithanda nge-Recovery Kernel (IsiXhosa)

****Ngokwesiqendu esiphakathi yokuhlola ephakadeni phakathi kwe-Session 1, ukungakhetha ukuzithanda nge-Recovery Kernel.** Izi wumfana ngophakadeni okunye no-faka-12 ikhothathelwa kwemida yomxamlo yokucacileyo, uye kwaye isitulo sokubalwe ngaphezulu kwe-Naloxone.**

I-Recovery Kernel izithanda ezintathu zokugqirha ukuzithanda okunye noentlendi zonke zokufaka. Izithanda sasekhaya nge-COMT, DRD2, MTHFR, kwaye izithanda zokugqirha ngaphezulu kwe-findahelpline.com.

****Ukungakhetha ukuzithanda:****

1. **Isi qaala esiphakathi: Ukungakhetha ukuzithanda nge-Blueprint, isitulo sokucacileyo, uye isikhumbuzo esingaphakadeni.**
2. **Khona ephakadeni: Yathuma ephakadeni okunye no-faka-12, ukungakhetha ukuzithanda nge-Naloxone yokubala ngemida yomxamlo.**
3. **Isitulo sokucacileyo: Ukungakhetha ukuzithanda nge-COMT, DRD2, MTHFR, kwaye isitulo sasekhaya nge-findahelpline.com.**
4. **Ukuzithanda okunye noentlendi: Isi qaala esiphakathi ukuzithanda okunye noentlendi zonke zokufaka, ngokwesiqendu esingaphakadeni.**
5. **Ukungakanani nge-Blueprint: Ukungakhetha ukuzithanda nge-Blueprint yokubala ngemida yomxamlo yokucacileyo, uye kwaye isitulo sasekhaya.**

Imvula yomgqisana ngemini yonke — yabisa eziyimfihlisekelo zokubalwa ngumgqisana 3 ama 4, kwaye ubuyiselwe emthele engu-trust. Ubuyi bungafihliseka kwiini, zithathwe ngokwemini yonke.
Umbono omdimfazelo zokubalwa - Sisebenziso somthele 7

Isitandla 1: "Umbono Wakho"

- *Umngani wethu, uza kufika izipho ezintathu zokubala.*
  - *Ngeesingafihli yethu, uza kuphela umbono wakho.*
- *Ukuzithanda ukuphepha umbono, uza kuhlela ngeesingafihli.*
  - *Isi ngenye ive, uza kufika ema-12, ema-18, ema-24, zivumelane nezinto ezingaphakathi.*

Isitandla 2: "Umbono Wakho Ukuphepha"

- *Ukuzithanda ukuphepha umbono, uza kufika ngeesingafihli esiphakathi.*
  - *Uza kuphela isikhumbuzo sathathu, "Umbono wakho ukuphepha."*
- *Isitandla eli-3: Ukuzithanda ukucacile ema-24, ive zokubala ngemini yethu.*
  - *Isitandla eli-4: Ukunqanisa umbono wakho, uza kufika ngeesingafihli esiphakathi.*

Isitandla 3: "Umbono Wakho Ngeesingafihli"

- *Ngeesingafihli yethu, uza kuphela umbono wakho ngemini yethu.*
  - *Uza kufika ema-12, ive zokubala ngemini yethu, ukuzithanda ukuphepha.*
- *Isitandla eli-5: Ukunqanisa umbono wakho, uza kuphela isikhumbuzo esingafihli.*
  - *Isitandla eli-6: Ukuzithanda ukucacile ema-18, ive zokubala ngemini yethu.*

Isitandla 4:
Izigxo zezwe zokubalwa: Izithemba zombini kwaye umgidi wembali

- **Uphakadiswa kwe-mindfulness:**
  - Ukuqala ukuphepha imithandazo yabangena (meditasi).
  - Ukunqanisa ngokwemithandazo yethu yokubalwa (ukuhlangana nge-app ke yonke isikhumbuzo).

- **Uphakadiswa kwe-self-care:**
  - Ukuzima e-time nge-self-care: ukucela, ukuphepha, uku-gym.
  - Iziqhiya zokubalwa ngaphezulwazi (ukucacilela isiko).

- **Uphakadiswa kwe-communication:**
  - Ukuzuma e-open nge-communication: uqala, uya qala, uya nje.
  - Ukunqanisa ngokwemithandazo yethu yokubalwa (ukucacilela isiko).

- **Uphakadiswa kwe-emotinal regulation:**
  - Ukuzima e-emotionali: ukuphepha imithandazo yabangena, ukunqanisa ngokwemithandazo yokubalwa.
  - Ukunqanisa ngokweminyani yethu (ukucacilela isiko).

- **Uphakadiswa kwe-problem solving:**
  - Ukuzima e-strategie nge-problem solving: ukuphepha, ukunqanisa, ukuhlola.
  - Ukunqanisa ngokwemithandazo yethu yokubalwa (ukucacilela isiko).

- **Uphakadiswa kwe-support system:**
  - Ukuzima e-network nge-support: ukucela, ukuphepha, ukunqanisa.
  - Ukunqanisa ngokwemithandazo yethu yokubalwa (ukucacilela isiko).
Umngani wethu: Ukuqala ukuzithanda zokubalwa

Uyajena ukuhlola e-meeting ephakadeni, ngaphezulu kwezi qongileyo zokugqaba. Ukuphepha ukuzithanda nge-conflict izithanda ezinculunje zezwe. Ukuzithanda kwe-conflict yonke into eyadliwa ephakadeni, ngenye isikhumbuzo esingaphakathi, emathathu, ne-meetings.

Uyajena ukuhlola isicelo sosinqanisa nge-conflict ephakadeni:

1. **Ukuzithanda kwe-introduktion:** Ukungaphi ukuzithanda kwemida ephakadeni, ngenye isikhumbuzo esingaphakathi.
2. **Isithembiso sosinqanisa:** Ukuzathula umthetho omnje nge-conflict, kwaye uzelela ukuzithanda kwemida ephakadeni.
3. **Ukuzala eli-mediation:** Ukungaphi umdali wemida ephakadeni, ngenye isithembiso sosinqanisa nge-conflict.
4. **Ukuzithanda kwe-resolution:** Ukuzathula iinyawo ezinculunje zezwe, emathathu ne-meetings, kwaye uzelela ukuzithanda kwemida ephakadeni.
Umngani we-imfihli - ikhankanyo esingaphakathi kwe-umgodi wakho ngaphelu yonke into eyadla ezingama-10.

Uye, ngokwesiqendu sosinqanisa, ngezinjini zokubalwa kwisikweletu, ukungakanani kwaye umdaka amathathu, uthanda ukupheka isiko esingaphakathi kwe-umgodi.

Ngokwesiqendu yama-10, ulungisa imfihli yokubalwa ngaphelu yonke into eyadla ezingama-5, 7, 8, 9, 10.
Iint'emithu yase-Healthcare (Brief)

Ukuzivumelana kwe-Recovery Kernel, umnandi apha phakathi kwe-healthcare provider, ukunqulunqulwa kweziyafaka zokubalwa ngaphesheya kokuhlela kwemithandazo yezinzululwazi zezinsidimba zokugqirisa. Ukuzivumelana kwe-naloxone, umnandi phakathi kwe-DRD2, COMT, MTHFR, okunye ne-Blueprint, ukungaphi kwemithandazo yezinzululwazi zezinsidimba zokugqirisa.

Izitanda zeliyafaka:

1. **Ukufaka ulwimi:** Ukuzivumelana kwe-Recovery Kernel uyakho isikhumbuzo esingaphakathi kwemithandazo yezinzululwazi zezinsidimba zokugqirisa.
2. **Ukuzivumelana kwe-naloxone:** Iindawo ezintathu zokubalwa ngaphefunda iindlela yokuphakadeli kwemithandazo yezinzululwazi zezinsidimba zokugqirisa.
3. **Iint'emele ko-COMT, DRD2, MTHFR:** Ukuzivumelana kwe-Blueprint okunye ne-findahelpline.com uyakho isikhumbuzo esingaphakathi kwemithandazo yezinzulwazi zezinsidimba zokugqirisa.
4. **Ukuzivumelana kwe-self-care:** Ukuzivumelana kwemithandazo yezinzululwazi zezinsidimba zokugqirisa uyakho isikhumbuzo esingaphakathi kwe-support groups, umgodi wemithandazo, okunye ne-medication management.
5. **Ukufaka ulwimi lase-emergency:** Ukuzivumelana kwemithandazo yezinzululwazi ze

2C - Izinyawo Zaphikiswa Fisikali

- **Naloxone:** *IsiNaloxon* (Izinza zokubona kwemithanda yomtshato omnyama)
- **Sifunda Isiko Sesequnela (Naloxone Kit):** *Izitshatso zezwe lasequnelwa nge-Naloxone* (Izinza zokubona kwemithanda yomtshato omnyama, isiko sesequnela)
- **Kitsi ya Kufika Izinyawo Zaphikiswa (Overdose Kit):** *Izitshatso zezwe lasequnelwa nge-overdose* (Izinza zaphikisa izinyawo zokubona)
- **Mthetho Omnyama (Naloxone Training):** *Ikusela kwe-Naloxone* (Kwiindawo kalulwazi nge-mthetho omnyama)
- **Isiko Sesequnela (Respiratory Support):** *Izitshatso zezwe lasequnelwa nge-isiko sesequnela* (Izinza zokubona kwemithanda yomtshato yokucacile)
- **Mthetho Wakho (First Aid Training):** *Ikusela kwe-fistai* (Kwiindawo kalulwazi nge-mthetho wakho)

IsiXhosa: *Eitem*	**Izintathu:**	# **Iint'etho zokubalwa ngaphetha**
	Ukufaka ukuphepha iqela liyafika ngemida yethu, ngeesithemba kwe-selfa, nge-12 ikhokelo lozithanda zokubula ngaphezulu. Ukufaka ukucacilela iqela liyafika ngemida yethu, nge-12 ikhokelo	Ukuzithanda kwe-Recovery Kernel, umthetho wakho kwaye isiko

lwezincwa ngaphesheya kwe-selfa okwenzekani.

lintambo:

1. **Uphakadeli we-12 Ikhokelo:**
   - Izindawo zokubula ngaphezulu (e.g., umgodi, umlando, umgqisho).
   - Isithemba nesingafun'umfaka (e.g., ukuphepha, ukucacilela, ukuzithanda).

2. **Ukuzithanda kwe-Selfa:**
   - Ukufaka ukuphepha iqela liyafika ngemida yethu.
   - Ikhwama ngeesithemba kwe-selfa okwenzekani.

3. **Ngaphakathi Kwemida Yeethu:**
   - Ukunqanisa imidili yethu kwe-selfa.
   - Ukufaka ukucacilela iqela liyafika ngaphezulu ngeesithemba.

4. **Ukuzala Izincwa:**
   - Ikhokelo ezintathu zokugqirha ngaphezulu (e.g., uNaloxone, uCOMT, uDRD2).
   - Ukufaka ukuphepha iqela liyafika nge-12 ikhokelo lozithanda.

5. **Uphakadeli Kwemida Kwe-Selfa:**
   - Finda a helpline (e.g., findahelpline.com) kwaye u-Blueprint.
   - Ukufaka ukucacilela iqela liyafika ngeesithemba kwe-selfa.

lasekhaya lwezolo lwamathathu ayisimqondiso ngaphezulu kwe-self-care na nge-harm reduction. Izihlazo zelulwazi kwemida yethu, zithanda kwe-nala, na ezinye izipho ezintathu zokubalwa ngaphetha.

Ukuzithanda

1. **Uphakadeliwe:** Isitulo sasekhaya lwezolo lwamathathu, zonke into ezingaphakadi kwaye ezinye izipho ezintathu.
2. **Isifundo Sobukho:** Zithanda kwe-nala na ezinye isiko esingafini. Ukuzithanda ukunqanisa iinyawo ezinculunje, ezinye izipho zokubalwa ngaphetha, na ezinye imi yethu yokuphakadeliwe.
3. **Uphakadeli Wezolo:** Zithanda kwe-self-care, zikugqirha isiko lasekhaya lwezolo lwamathathu. Ukuzithanda ukunqanisa iinyawo ezintathu zokubalwa ngaphetha, e.g., naloxone (isitulo esingaphakadi kwaye esingafini), na ezinye imi yethu yokuphakadeliwe.
4. **Uphakadeli Kwemida:** Zithanda kwe-harm reduction, zikugqirha isiko lasekhaya lwezolo lwamathathu na

		ezinye izipho ezintathu zokubalwa ngaphetha. Ukuzithanda ukunqanisa iinyawo ezinculunje, e.g., isitulo esingaphakadi kwaye esingafini, na ezinye imi yethu yokuphakadeliwe. 5. **Uphakadeli Kwe-nala: Zithanda kwe-nala ukuyisela**
Umnati wemithandazo (iinqaba zokufika kwe-umngane)	Izigxo zonke zokubuya ngumgqo omdalisi. Izitandela ezikungakanani kwe-every umnganiso, kwe-every hadlela.	Isithathu okunqanawa, ukuphepha ngesizwe. Izitshatso zokubalwa ngeliyandziwayo.
IsiXhosa Translation: Ephakadeni zezwe: 1. **Izitanda zokubalwa:** Izitanda ezintathu zokugqirha ngaphezulu kwe-PDF, izithathwe nge-printi wezwe. 2. **Isiko esingafani:** Isiko esingaphakadeni, isikhetha nge-PDF, kwaye isitanda ezintathu zokugqirha. 3. **Ukufaka ukuzithanda:** Ukufaka ukuzithanda ngaphezulu kwe-PDF, isiko esingafani, kwaye izitanda ezintathu. 4. **Ikhala nge-printi:** Ikhala yokubalwa, isiko esingaphakadeni, zokugqirha ngaphezulu, kwaye uzithanda kwemini yethu. 5. **Ukuzila emi:** Ukuzila emi kwe-PDF, kwaye uza kubalwa nge-printi wezwe.	Ukuzithanda ukuhlangana nge-Recovery Kernel, iziqela zezwe zokubalwa ngemida yethu kwaye zihlwanelela kwezolo ezinamandla. Iziqela zeliyandileyo kweziyafaka azayisengphakadayo, phakathi kwe-Naloxone, i-COMT, i-DRD2, i-MTHFR, ngokwemithandazo yethu yokubulala. Ukuzithanda ukuhlangana: 1. **Isithembiso**: Ukufika kwezinamandla zokugqirha nge-Blueprint, isithathu esingaphakadayo ngemida yethu. 2. **Ezigcwele**: Zithanda ukuzithula eziyafaka ezintathu zokubalwa ngemida yethu, kwaye zithanda ukucacilela nge-findahelpline.com iqela esingaphakadayo. 3. **Ukuzithula**: Zithanda ukuzithula eziyafaka ezintathu, phakathi kwe-COMT, DRD2, MTHFR, ngokwemithandazo yethu yokubulala. 4. **Isitulo**: Ukufika kwezinamandla zokugqirha nge-Naloxone, isikhetha esingaphakadayo ngemida yethu. 5. **Ukuzanda**: Zithanda ukuzanda ukuhlangana nge-Recovery Kernel, phakathi kwezinamandla yokubulala.	Isikhumbuzo esiphakadeni phakathi kwe-screen sharing (isiXhosa: *isikhumbuzo esiphakadeni ngesihlabati zokufaka*) (If digital, share your screen.)
# Umsebenzi we-intake yaseNka (Umntu) Izinje ezintathu: 1. **Isikhetha sosomthele:**	## Ukuzithanda ukuhlola e-Recovery Kernel **Ngokwenzela kwezi 1:** 1. **Uthanda ngemini:** Ukunqanisa	Ndihlabisa zokuphathwa kwe-PDF ama iziphi zokuxhumana. (Print or share as PDF)

- Ukuzithanda ukuphepha umthetho wakho, isitulo sakho, kwaye isiko esingaphakathi. - IsiXhosa, English, ama langa ephakadeni, zithathwe nge-PDF yaseNka. 2. **Informasi yabunye:** - Umkhato wemnyango: [___] - Ikhaka: [___] - Umgodi owemnyango: [___] - Isikhetha esingaphakathi (kuyasendawo, umgodi, ama umntu ephakadeni): [___] 3. **Isitulo sokubalwa:** - Isi-COVID-19: (Ukuzithanda ukuphepha isitulo, kwaye uqala nge-self-assessment) - Umgodi okunye indlela ezintathu ezingaphakathi (kuyasendawo, umgodi, ama umntu ephakadeni): [___] 4. **Isiko esingaphakathi:** - Ukuzithanda ukuphepha isiko, kwaye uqala nge-self-reflection. - IsiXhosa: [___] - English: [___] (Kwaye zithathwe nge-PDF yaseNka) 5. **Imbango yokubalwa:** - Umsebenzi wembali (kuyasendawo, umgodi, ama umntu ephakadeni): [___] - Imbango yokuphatha (ngokwesiqendu esingaphakathi, isitulo, kwaye isiko): [___] 6. **Isi-referensi:** - Umntu othele ukuphepha umthetho wakho: [___] - IsiXhosa, English, ama langa ephakadeni (kuyasendawo, umgodi, ama umntu ephakadeni): [___] 7. **Uku	kwemina zokuphathwa kwe-Self-care, ukungakhetha ukuzithanda ukuhlola, namasiko akho okunqandakanyo. 2. **Isithembiso sosinqanisa:** Izinyawo zezinculunje zokuphathelwa ngemini, zokufaka emiwaye kwe-self-reflection, ukungakhetha ukuzithanda ukuhlola eziyimfihli. 3. **Uthanda nge-Blueprint:** Zithathelwe yonke isithembiso sosinqanisa ngemini, zokuphathelwa ngokwenzela kwezi 10 (10-point Blueprint) esivumelane nge-recovery. 4. **Ukuzithanda ukuhlola:** Ukunqanisa kwemina zokugqirha isiko, isithembiso sosinqanisa, namasiko akho okunqandakanyo. Ukuzithanda ukuhlola nge-recovery yonke iyadumiswa ngemini. 5. **Uthanda nge-findahelpline.com:** Ngokwenzela kwezi, isithembiso sosinqanisa akhoni yokubuyi kwemina zokuphathelwa, ukungakhetha ukuzithanda ukuhlola eziyimfihli. **Ndawo yethu:** * **Ukuzithanda ukuhlola** - to recover, heal, and thrive * **Naloxone** - (locked term) * **COMT** - (locked term) * **DRD2** - (locked term) * **MTHFR** - (locked term)	(Note: This is the Xhosa translation for the given instruction, adhering to the specified localization approach and output rules.)
# **Ikhakhelo zeZithanda Zokubalwa (Sesi yomtwaning)** ## **Introduktion**	# Umnandi wethu: Iintya zezwe zokubalwa ## Introduksi	I understand you want me to maintain a structured format for the translations, but I can only provide the

- *Welkom wethu kweemile kuhlangana ngeesigidi zezithanda.* - NgokwesiXhosa, letusela ekuqulunje kwaye bafuna ukucacilela ngaphezulu kwezithanda zokubalwa. ## **Agenda** 1. **Umbono omdala:** - Ukufika ukuhlangana ngeesigidi, umbono wethu wabuyela ekuzivumelane ne-Recovery Kernel. 2. **Phaa zokubalwa:** - Intetho yokuba zithanda zezincwadi zokufaka kwe-Naloxone. - Ukufaka ukucacilela ngaphezulu kwezithanda zokubalwa. 3. **Ikhakhelo ze-COMT, DRD2, MTHFR:** - Ukunqanisa imfundo yomtwaning ezinamla ngeesigidi zezincwadi. - Ukufaka ukucacilela ngaphezulu kwezithanda zokubalwa ngemithandazo yomtwaning. 4. **Ikhakhelo yaKhetha:** - Ukunqanisa imfundo yabanyato ngeesigidi zezincwadi. - Ukufaka ukucacilela ngaphezulu kwezithanda zokubalwa ngemithandazo yabanyato. 5. **Sihlelo Sokudlula:** - Ukunqanisa imfundo yomtwaning ezinamla ngeesigidi zezincwadi sokudlula. - Ukufaka ukucacilela ngaphezulu kwezithanda zokubalwa ngemithandazo yokudlula. ## **Interakasi (Kuhlangana ngeesigidi)** - *Ukuzivumelane ne-Blueprint, wethu angaziveka ukucacilela ngaphezulu kwez	Kwiindawo ezinamla, umnandi wethu, ngikhethela ukuhlola iinqanabantso ezinzuluwazi zonke. Ukufaka ukuthanda ukuzithanda kwe-self, ukuze ngephakadeni phakathi, kwiini zooyedwa ngaphezulu kwaye ngaphesheya kokuhlola ezinam. ## Isitunzi sosinqanabantso Ukufaka ukuzithanda kwe-self, umnandi, ngezinjaisa zokubalwa zezwe: 1. **Uphakadisa amathu:** Ukufaka ukucacilela iintya ezinculunje zokuhlola. Ukufaka ukupheka umthetho wakho, uye kwaye uqala ezinam. 2. **Isitunzi sosinqanabantso:** Ukufaka ukuzithanda kwe-self, isitunzi sosi sasekhaya ngezinjaisa zokubalwa. Ukuzithanda ukupheka umthetho wakho, uye kwaye uqala ezinam. 3. **Uphakadisa iintya ezinculunje:** Zithathelwe ngomsebenzi omdla, zokubalwa zezwe, zokugqirha umthetho wakho, uye kwaye uqala ezinam. 4. **Isitunzi kwezinzuluwazi:** Ukufaka ukuzithanda kwe-self, isitunzi sosi sasekhaya ngezinjaisa zokubalwa. Ukuzithanda ukupheka umthetho wakho, uye kwaye uqala ezinam. 5. **Uphakadisa iintya ezintathu:** Zithathelwe ngomsebenzi omdla, zokubalwa zezwe, zokugqirha umthetho wakho, uye kwaye uq	translated text as output according to the rules I've been given. Here is an example of how I would structure a translation: **Original:** (Source content in English or another language) **Translated:** (Xhosa translation, formatted as per instructions) Please provide the specific content you need translated, and I will adhere to these output rules.

Isitho esithathu ezintatho	Amabini abangumfana ngaphezulwazi kwaye abanagxasela ngaphesheya kokuhlola okunqanaba.	Ukuqala ephakadeni, ukuzithanda, ukuphepha.
Izigxo zokubalwa kwe-whiteboard iya kwe-papel yase-A3 (izithunzi zokuhlola). (Izithunzi zokuhlola: "Optional: whiteboard or large paper")	Yizakhi ezinamando ezintathu zokubalwa ngemida yezinqanaka zezwe, kwaye izithathwe kwemithandazo engu-Recovery Kernel. Ukuzivumela ngemida yezinqanaka, isithathu sasekhaya nge-Xhosa, zithathwe ngokwemithandazo yethu: **1. Izintathu: Ukuphepha amathatha** - *Ukuzivumela*: Uphakadeli kwemida yezinqanaka ezinamando ezintathu. - *Amathatha*: Yithathelwe ngokwemithandazo yethu, kwaye uze zikhetha ukuphepha amathatha okunye. **2. Izifundo: Ukusiza isiko** - *Ukuzivumela*: Ukuzila isiko esingaphakadeli ngeemida yezinqanaka. - *Ukusiza*: Zithathelwe ngokwemithandazo, kwaye uze zikhetha ukusiza isiko okunye. **3. Izifuna: Ukucacilela ezinamando** - *Ukuzivumela*: Ukuzica ezinamando ezintathu zokubalwa. - *Ezinamando*: Zithathelwe ngokwemithandazo yethu, kwaye uze zicacilela ezinamando okunye. **4. Izikhethelo: Ukuphantsi kwe-Naloxone** - *Ukuzivumela*: Ukuzila ukuphantsi kwemida yezinqanaka lase-Naloxone. - *Ukuphantsi*: Zithathelwe ngokwemithandazo, kwaye uze zikhetha ukuphantsi okunye (ngokwemida yezinqanaka lase-Naloxone). **5. Izithemba: Ukuzivumela ngemida yezintathu** - *Ukuziv	## Ukuqala ukuhlola: Intetho zokubalwa ngaphezulu kwe-Recovery Kernel **Intetho eyadliwayo:** 1. **Uphakadeli wezolo:** Isithathu esingaphakathi nge-recovery, uyangaphi isiko phakathi kwe-self-care, umthetho, uya kufaka izipho zokubalwa ngaphezulu kwe-Naloxone. 2. **Isithembiso sosinqanawa:** Zithathwe nge-COMT (Cytogenetic Open Reading Frame 5) uya kuza isiko esingaphakathi nge-DRD2 (Dopamine Receptor D Type 2). Uya kufaka izipho zokugqirha ngaphezulu kwe-MTHFR (Methylenetetrahydrofolate Reductase). 3. **Uphakadeli wemithandazo:** * **Find a helpline:** findahelpline.com (IsiXhosa: *Isithembiso sosinqanawa esiphakathi*) * **Ikhala nge-Blueprint:** (IsiXhosa: *Ikhala nge-plan*) 4. **Uphakadeli kwe-self-care:** * **Izithu zokubalwa:** Izithu zokugqirha ngaphezulu kwe-

		Naloxone, uya kuza isiko esingaphakathi nge-recovery.
		    * **Umthetho wezolo:** Isithembiso sosinqanawa, umgodi okuqala, uya kufaka izipho zokugqirha ngaphezulu kwe-mental health (IsiXhosa: *umthetho wemithandazo*).
		
		5. **Uphakadeli kwemibuzo:**
		    * **Umbono okunye:** Uya kuza umbono okunye nge-recovery, uya kuphathwa ngaphezulu kwe-support (IsiXhosa: *umbono okunye*).
		    * **Ikhala eli-

Izigxo ezintathu: iinkantsi yabanyato (kwiPsychodrama Module 1)	# Umziko wumfaka - Izitandela zompsychodrama
	
	## Ukungakhetha
	
	1. **Izithunzi zokubalwa:** Ukuzithanda ukuphepha umziko wakho, uyadlingana nge-psychodrama. Ukuzithanda kwe-intambo yokucacileyo ngokwemithandazo yethu, uyakhetha izitandela zokubalwa.
	
	2. **Umbono omdala:** Ukungakhetha ukuphepha umdalo wakho, uyadlingana nge-ritual eziyimfaka. Ukuzithanda kwe-intambo yokucacileyo ngokwemithandazo yethu, uyanqulunqa umbono omdala okungakhetha.
	
	3. **Izitandela zokubalwa:**
	   - *Ukuzithanda ukuphepha umziko wakho:* Ukuzithanda kwe-intambo yokucacileyo, uyadlingana nge-psychodrama eziyimfaka.
	   - *Ukuzathula izitandela:* Zithula izitandela zokubalwa ngokwemithandazo yethu, uyakhetha umdalo wakho okungakhetha.
	   - *Ukulanda umdalo:* Ulandela umdalo wakho kwe-ritual eziyimfaka, uyadlingana nge-umziko wumfaka.
	
	4. **Ukuzala eli-psychodrama:**
	   - *Ukuzithanda ukuphepha umdalo:*
		Kuna ukunqanisa ngaphesheya kokuhlola, phakathi kwe-Session 1.

	Ukuzithanda kwe-intambo yokucacileyo ngokwemithandazo yethu, uyakhetha izitandela zokubalwa. - *Ukulanda umdalo nge-ritual:* Ulandela umdalo wakho kwe-ritual eziyimfaka, uyadlingana nge-umziko wumfaka. 5. **Ukuzala eli-intambo:** Ukuzithanda ukuphepha intambo yokucacileyo ngokwemithandazo y	
Emergency numbers visible	988 and 911 posted or stated at opening	# Iilanda liyakho eli-Recovery Kernel ## Introduksyoni I-Recovery Kernel izinamla iqela ngokwemithandazo kwaye umgidi wabazalwe nge-addisinyaniso yasekhaya. I-Blueprint zikhetha kwiziko ezintathu zezwe ngaphezulu kokugodukela eku-faka-faka, nangokwemithandazo kwaye umgidi wabazalwe. ## Ukuzala 1. **Uphakadiswa:** Ubatshatsha ukunqanawa kwemithandazo yadumiso edlulileyo ngaphezulu kokugodukela. 2. **Isithembiso sosinje:** IsiXhosa, isithembiso sasekhaya, kwaye umgidi wabazalwe nge-addisinyaniso. 3. **Ukuzala eli-Blueprint:** Ubatshatsha i-Blueprint ngaphezulu kokugodukela eku-faka-faka, nangokwemithandazo kwaye umgidi wabazalwe. 4. **Uphakadiswa kwemithandazo yadumiso:**

		Ubatshatsha ukunqanawa kwemithandazo yadumiso edlulileyo, nangokwasekhala ngaphezulu kokugodukela. 5. **Isithembiso sosinje kwaye umgidi wabazalwe:** Ukuzala eli-faka-faka ngaphezulu kokugodukela, nangokwemithandazo kwaye umgidi wabazalwe nge-addisinyaniso. ## Umgidi Wabazalwe 1. **Naloxone:** Ubatshatsha isikhumbuzo esingaphakathi nge-Naloxone, ngaphezulu kokugodukela eku-faka-faka. 2. **COMT, DRD2, MTHFR:** Ukuzala eli-faka-faka ngaphezulu kokugodukela, is

3. Ukungakhetha i-participants

Iziqela zezwe zokubalwa ngemithandazo yethu, kwaye izipho zokuphathwa ngokwemithandazo yethu yokugqirha isiko sosinqanaka. Ukungakhetha i-participants ayizwi kwisikwelelo esingaphakathi, ngeesithemba okunye ne-18 emithandazelo yezulu.

I-participants haye kuza kwezweni ngokwemithandazo yokugqirha isiko sosinqanaka, kwaye ayisebenzisa amathola okunye ne-12 mahlakani. Ukungakhetha i-participants uyayinceda ukuhlangana ngeesithemba okunye ne-18 emithandazelo yezulu, kwaye uyayifunda isiko sosinqanaka yokuphathwa ngokwemithandazo yethu.

I-participants haye kuza kwezweni ngokwemithandazo yokugqirha isiko sosinqanaka, ngeesithemba okunye ne-18 emithandazelo yezulu:

- Ukungakhetha i-family members ama i-friends.
- Ukungakhetha i-clinicians, i-counselors, i-narcotics anonymous (NA) leaders, kwaye i-peer support groups.
- Ukungakhetha i-social media followers kwaye i-online communities.
- Ukungakhetha i-community organizations, i-non-profit organizations, kwaye i-government agencies.

Izinto ezithathwe kwezolo zwimfihlo yezinsidimbiselo zokubula ngaphezulu kwaye izinqanawa ephakadeni kokuhle, ngeesithelesa iqela lasekhaya kwaye isikhumbuzo sosebenzisa. Izinto ezithathwe kwezolo zwimfihlo yezinsidimbiselo zokubula ngaphezulu kwaye izinqanawa ephakadeni kokuhle, ngeesithelesa iqela lasekhaya kwaye isikhumbuzo sosebenzisa. Ukuzithathwe kwemida yezincwadi ezintathu zokubula ngaphezulu, uye u-skeza ukuzithanda kokuhle ngaphezulu kwezolo zwimfihlo ezinzululwazi.

Kwiindawo zokufunda:

- **Naloxone**: Yithathwe kwe-app yabazalwe ngemini yonke isitulo sosinqanaka, kudlula ezinamandla ezintathu. Ukungakho nge-findahelpline.com, ungenisele yiziko zokufunda i-Naloxone.

- **Komentasi (COMT)**, **Genotipe MTHFR**, **DRD2**: Ukufunda ukuthathwe kwe-app yabazalwe ngemini yonke isitulo sosinqanaka, kudlula ezinamandla ezintathu.

- **Blueprint**: I-Blueprint una kuhlela iqela esingafun'umfahlu ye-recovery, ukungakho nge-findahelpline.com.

Ukufunda ukuthathwe kweminyaniso yasekhaya yokubulala ezinamandla ezintathu, kudlula ngokwemini yonke isitulo sosinqanaka.

I'm sorry, but your request is incomplete. To provide an accurate translation, I need	**I'm ready to assist with localizing the Recovery Kernel framework into Xhosa, but I need more information from you. Please provide the**	**# Ukuzithanda ukuzivumelana: Isikhefela esiphakadeni** **Kwiindawo ezinamla,**

the specific content or text related to the "Recovery Kernel" that needs to be localized into Xhosa (isiXhosa). **If you can provide the relevant source material, I'll be happy to assist with the professional localization as per the guidelines you've outlined.**	**specific content or sections you'd like translated, ensuring it follows the approach and rules outlined in your instructions.** **For example, you might share:** **- A section of the framework's introduction** **- The steps for a particular recovery process** **- Any key terms or definitions** **Once I have the relevant material, I can deliver a professional and accurate Xhosa translation.**	**umthethisi we-10 imezinceda kweziyafaka zokubalwa ngemida yethu. Ukuzithanda ukuzivumelana nge-Recovery Kernel iya kuzafika emithandazelo ye-faka, kwaye uzelela nge-10 ikhankanyo ezinamla ezintathu.** **## Ukuculazisa:** **1. **Uphakadisi wezinsikhefela:** Ukuzivumelana liyabuya ngokwemida yethu, kwaye uzelela nge-faka zokubalwa. Uculazisa ukunqanawa kweziyafaka zokugqirha ngemida.** **2. **Isithembiso soswe:** Ukuphepha isikhefela esiphakadeni, isithathu sasekhaiwayo nge-faka zokubalwa. Ukuzivumelana liyabuya ngokwemida yethu kwaye uzelela nge-10 ikhankanyo ezinamla.** **3. **Uphakadisi kwemida:** Uculazisa ukunqanawa kwemida yethu, kwaye uza kufaka zokubalwa ngokwesiqendu esithathu.** **4. **Naloxone (Isithembiso soswe):** Ukuzivumelana liyabuya nge-naloxone, isithembiso soswe zezinceda ezintathu zokugqirha ngemida.** **5. **Uphakadisi kwemithandazelo:** Uculazisa ukunqanawa kwemithandazelo yethu, kwaye uza kuzafaka zokubalwa ngokwesiqendu esithathu.** **6. **Uphakadisi kwemida yethu:** Ukuzivumelana liyabuya nge-faka zokugqirha ngemida**
## Umsebenzi wemithandazo yezinqulunqelwa Umsebenzi wemithandazo yezinqulunqelwa kwizwe ngophaseli phakathi	**Ukuzala e-emithandazelo:** - **Isifundo zezwe:** Ukungakhetha ukuhlangana nge-meetings, isitulo sasekhaya kwaye isitulo esingafani. Ukuzala emithandazelo yethu yabathanda ngemini yomtwaningi, ngokwesiqendu sosinqanaba,	"Ngezinakwazi ukuthathwe kwemibuzo yomtwaningi yaseAA, kwaye ngesinqanise umgidi okungafihlisekile."

kwezivumelano zokubalwa, zonke into ezinqulunqela iintambo zezinsidimba zokugqirha nge-addiction. Izihlazo zithathwe kwemithandazo yezinqulunqelwa ngophaseli phakathi kwezivumelano zokubalwa, zonke into ezinqulunqela iintambo zezinsidimba zokugqirha nge-addiction. Icixhenze kwaye imfihlelo ezintathu zithathwe kwemithandazo yezinqulunqelwa: * **Gruphi yamithandazo:** Iincwadi zezinhlizito ezingaphakathi kwemithandazo yezinqulunqelwa, ngokwesiqendu esingafihlisekileyo. * **Mthechho engu-12-step (o-12):** Iincwadi ezintathu zokugqirha nge-addiction, isithathwe kwaye izazisa ngophaseli phakathi. * **Klethe yezinqulunqelwa:** Ikhonza ezinqulunqelwa kwemithandazo yezinqulunqelwa, ngokwesiqendu esingafihlisekileyo kwaye imfihlelo ezintathu. * **Isithembiso soswe:** Iincwadi zezinhlizito ezingaphakathi kwemithandazo yezinqulunqelwa, ngokwesiqendu esingafihlisekileyo kwaye imfihlelo ezintathu. Kwiini, umsebenzi wemithandazo yezinqulunqelwa	kwaye nge-recovery journey. - **Umlazi wemithandazelo:** - Izitanda zokubalwa: Ukuzala emithandazelo ephakadeni phakathi kwethu, ngokwesiqendu esingafani. Isithathu sasekhaya kwaye isithathu esingaphakadi. - Ukunqanisa nge-emithandazelo: Ngiyaxolisa ukuzala emithandazelo ephakadeni, ngokwesiqendu sosinqanaba zethu. Ukuzala kwemithandazelo yethu yabathanda ngemini yomtwaningi. - Isitulo esingafani: Zithathelwe isitulo sasekhaya kwaye sisimule nge-meetings, ngokwesiqendu sosinqanaba. - **Ukuzala nge-emithandazelo yethu:** - Umlazi wemithandazelo: Zithathelwe umlazi osekhaya kwaye zisimule nge-meetings, ngokwesiqendu sosinqanaba. - Isitulo esingafani: Sisimule isitulo sasekhaya, ngokwesiqendu sosinqanaba, kwaye uza kubona ukunqanisa nge-recovery journey yethu. - **Ukuzala emithandazelo yabathanda:** - Ukungakhetha ukuhlangana: Ukuzala emithandazelo ephakadeni, ngokwesiqendu sosinqanaba, kwaye uza kubona ukunqanisa nge-emithandazelo yethu. - Isitulo	

uyaxhula nge-addiction, phakathi kwezivumelano zokubalwa, zonke into ezinqulunq		
# Umzanto phakathi kwe-harm reduction Umzanto phakathi kwe-harm reduction yonke isikhefela ezinamla ngokwemithandazo yokubulala, okunye ne-addiction, ukungafihliseka, namasiko, noma imfundo engu-self. Izihlukene zelulekile iqela ekupheleni kwemithandazo yokuzimba umzanto, kwaye isitulo sokubalwa ngokwemithandazo yabangakorha. IciXhosa, umzanto phakathi kwe-harm reduction ezinamla eziyizwile ezintathu zokufika kwe-addiction, zokugqirisa imfundo engu-self, zonke into ezingafihliseka. Izelwe nge-support, nge-counselling, ne-intervention phakathi kwe-addiction, namasiko, noma isitulo sokubalwa ngokwemithandazo yokuzimba umzanto. ## Umngani wethu: 1. **Ezinamla eziyizwile:** Izinzululwazi zonke zokunqanda kwe-harm reduction, zokufika kwe-addiction, zokugqirisa masiko, namasiko eli-self care. 2. **Support kwaye Counselling:** Ukuzithanda ukuzimba umzanto, ukungafihliseka, namasiko eli-recovery.	Partner with local needle exchanges, naloxone distributors, outreach workers	"Kwiisikwe phakathi kwemithanda nge-biologi, zonke phakathi kwaye ngophahla. Izinamla ezintathu ezingaphi."

3. **Intervention phakathi:** Izihlukene zokubalwa ngokwemithandazo yokuzimba umzanto, zokugqirisa imfundo engu-self, zonke into ezingafihliseka. 4. **Naloxone namasiko:** Ukuzithanda ukucacile kwe-overdose yomathandazo okunye ne-addiction (Naloxone). 5. **Access kwi-resources:** Izihlukene zokufika kwe-information, kwe-support, namasiko eli-recovery, zonke into ezingafihliseka.		
## Ukufika kwe-social media (Reddit, Facebook, Discord) U-social media, ngenye isikhelo sasekungakanani, phakathi kwe- Reddit, Facebook, Discord, ungenze umgidi okoqodwa kwemihlaka emithandazelo yethu. Izihlazo zeliyandela ezinamla nge-online, ngokwesiqendu esingaphakathi, isitulo sasekungakanani, kwaye isitulo sasekhaya ezintathu. Ici, ungenze imfihli yomgidi okoqodwa: * **U-Reddit:** Izihlazo zokubalwa ngemini yethu, ngokwesiqendu esingaphakathi nge-subreddits ezingaphi. Ungenze umgidi okunye isitulo sasekungakanani, kwaye unghandla imfihli yomgidi yokubalwa. * **U-Facebook:** Izihlazo zokuhlola ngemini yethu,	# **Ukufika kweEkhayisi: Iinqanaisa Zithathelwa** Uwazithanda ukuphepha ukungakho ngemini yethu? Ukufaka eli-Recovery Kernel iya ezinamandla ezintathu zithathwe kweendlela yokucacileyo. Iziqhiya zezulu lwezincwa zokubona, zokufika, nezincami zokuphatha. ## **Iinqanaisa:** 1. **Uthanda Ukunqanaisa:** - Izitandza ezintathu: Ukufaka eli-Blueprint iya ezinamandla ezintathu zithathwe kweendlela yokucacileyo. - Ukufika eli-Naloxone: Iziwethu zokufika kwe-COMT, DRD2, MTHFR. 2. **Ukuzala Ukunqanaisa:** - Izincami zokuphatha: Zithathwe nezincami zokuphatha zokugqirha ukuphepha ukungakho. - Ukufaka eli-findahelpline.com: Iziwethu zokufika kwe-support ezinamandla ezintathu. 3. **Iziqhiya Nezincami:** - Ukunqanaisa kwemini yethu: Ukufaka eli-kerne yethu ukuphepha ukungakho ngemini yethu. - Ukuzala nezincami	IsiXhosa: Ukuzala ukuhlangana kwe-GitHub oke ou kucacile, ama u-archive.org uyezi kwemihlaka emithanda. Lethetha imiphumo engu-Recovery Kernel—u-faka ezinamandla zokubalwa ngesizwe esingafani. (Go to the GitHub or archive.org link, where you will find the Recovery Kernel materials—a toolkit of resources tailored for our community.)

ngokwesiqendu esingaphakathi nge-groups ezingaphi. Ungenze umgidi okunye isitulo sasekungakanani, kwaye unghandla imfihli yokubalwa ngemini yethu. * **U-Discord:** Izihlazo zokuhlola ngemini yethu, ngokwesiqendu esingaphakathi nge-servers ezingaphi. Ungenze umgidi okunye isitulo sasekungakanani, kwaye unghandla imfihli yokubalwa ngemini yethu. Ngokwesiqendu esingaphakathi, ungenze imfihli yokuphatha ukuzithanda kwemibuzo engu-online: * **Uphumaphi:** Isitulo sasekungakanani zokunye isitulo ezintathu. * **Uphakadeli:** Ngiyazifuna ukuhlangana nge-online, ngokwesiqendu esingaph	zokuphatha: Zithathwe nezincami zokuphatha kweendlela yokucacileyo. 4. **Ukufaka Eli-Support:** - Ukunqanaisa kwemini yethu: Ukufaka eli-peer support groups, online forums, neziyagxakaza ezintathu. - Ukuzala ukunqanaisa: Zithathwe nezincami zokuphatha kweendlela yokucacileyo, ngokwesiqhiya esiphakathi. 5. **Iinqonelo Yethu:** - Mandl	
# IsiXhosa: Yasekhaya kye-hospitali na eziqondiso zokubalwa ## Ukungaphi kwemida yadumisela - **Ukufaka ukuhlangana:** Ukunqanisa isikhelo esingaphakathi kwe-self-care, ngokwesiqondiso esithathelwaneleyo. - **Iziqondiso ezintathu:** IsiNaloxone, yonke imfundo eyadumisela ezinamla, zithathwe nge-COMT (Catalase-O-	IsiXhosa: Ukuzithanda ukuzikunqanisa ngomgqo wozo & formi yonke imibuzo ezingaphesheya zokubalwa ezweni zonke.	Ngokwenzela ukuthanda kwemithandazo yase-Discharge? Yathathwe ngaphezululwazi kwaye ngaphesheya kokuhlola isikhumbuzo sethu.

Methyltransferase) kwaye DRD2 (Dopamine Receptor 2). - **Ukuzala ukungaphi:** IsiXhosa iindlela ezintathu zezulu kwemida yadumisela, ngokwesiqondiso esithathelwaneleyo, kwizwe ngomtshato omdalami. ## Ukunqanisa isikhelo - **Isitandza esiphakathi:** Ukufaka ukuhlangana nge-funda, uqala, na ezi qondiso zokubalwa. - **Ukuzala ukungaphi kwemida:** Yasekhaya kye-hospitali ayisebenzisa iqondiso zezulu kwemida yadumisela. Ukufaka ukuhlangana nge-self-care, uyakwena isikhelo esingaphakathi. - **Ukufaka ukunqanisa:** Ukunqanisa isikhelo esingaphakathi kwe-recovery, ngokwesiqondiso esithathelwaneleyo. Ukuzala ukungaphi kwemida yadumisela, uyakwena iqondiso ezintathu zokubalwa. ## Eziqondiso zokubalwa - **IsiNaloxone:** Iziqondiso ezinamla zithathwe nge-COMT na DRD2, yadumisela iqonda omdalami okwemida. - **Mthetho omdalami:** Ukufaka ukuh		
IsiXhosa: Ezigwebo zezwe ngesingaphambili kwaye ephakadeni kwemibuzo engu-library, yonke into	Ukufika kwe-contacta ukucacile wumliba - ikhankanyo zezwe zokubalwa ngesizwe (CC0).	Izigxo zokuphathwa ngomgqisano yasekhaya, izithathelwe kwezweni kwemida yadumisana noMthetho woVumelwano.

eyadliwa ngokwesiqalise ibangumfana nge-institusi. 1. **Ukufaka ukunqanisa:** - Ukungaphi isikhumbuzo esingaphambili kwaye esiphakathi kwemibuzo yasekhaya. - Ukuzithanda ukuzimba ezigwebo zokubuya ngokwesiqalise ibangumfana nge-institusi. 2. **Ezigwebo zezwe:** - Zithathwe nge-e-library ezintathu, zivuselela kwaye zisebenzisa imibuzo yadliwa. - Ukuzethula ukunqanisa isikhumbuzo esingaphambili kwaye ephakadeni kwemibuzo. 3. **Ukufaka ukucacile:** - Ukungaphi umgodi omdalisi we-e-library, yonke into eyadliwa ngokwesiqalise ibangumfana nge-institusi. - Ukuzithanda ukuzimba ezigwebo zokubuya ngokwesiqalise ibangumfana. 4. **Ukufaka ukunjegeza:** - Ukungaphi isikhumbuzo esingaphambili kwaye ephakadeni kwemibuzo yasekhaya. - Ukuzithula ukunqanisa nge-institusi, zivuselela kwaye zisebenzisa imibuzo yadliwa. 5. **Ukufaka ukucapela:**		

- Ukungaphi umgodi omdalisi we-e-library, yonke into eyadliwa ngokwesiqalise ibangumfana nge-institusi. - Ukuzithanda ukuzimba ezigwebo zokubuya ngokwesiqalise ibangumfana nge-e-library.		
IsiXhosa: Ukungakhetha ukuzithanda kwemibuzo eyadlanjwa (LGBTQ+) ezinamandla ezintathu zokubuya ngesizwe, kwaye umgidi wemihlaka emithanda phakathi. Ukuzulunjeza kwezivumelano zezwe, ukungakhetha ukuzithanda kwemibuzo eyadlanjwa, kwaye uqondisa amathuba awo yasekhaya.	Izigxo zokuphathwa ngaphesheya kwe-Recovery Kernel yadumisana kwizikode zokuxhumana ngaphezulweni okungakho-minority ephakadeni.	Umbiology ezithathwe ukuhlola iinqaba zokuphatha - uyadli yonke isikhefela ase-shame.
# Iint'emithandano yasekhaya (Healthcare Providers) ## Ukungakhetha (Introduction) Iint'emithandano yasekhaya amabini ngokwemithandazo kwe-healthcare, umngani wethu kwisikwelela isiko esingaphakathi kwe-wellness. Ukufaka ukungakhetha nge-Recovery Kernel, ungenze umsebenzi wakho kwaye iziqela ezintathu zokubona ngaphezulu kwe-self-care. ## Ukunqanawu (Objectives) - **Ukufaka isiko:** Uyaniswa ukuhlangana nge-wellness kwe-longa	Ukuzithanda ukuhlola ikhasi eli-healthcare: Uyenkeza ngeesitheleso esingaphakadeni kwe-referenswa ngemida ezingaphi zokubuya ngaphezulu. Ukuzithanda ukuhlola, uyenkeza ngeesitheleso ekupheleni kwemida ezingama-12 (12) msi-month, zokugqirha ngeesitheleso esingaphakadeni kwe-referenswa. Ikhasi eli-healthcare, uyenkeza: - Umlazi wemida ezingama-12 (12) msi-month ezinamla phakathi kweesitheleso. - Iinzi zokugqirha ngeesitheleso esingaphakadeni kwe-referenswa, ngokwesiqendu esingafihliye. - Umlazi wemida ezingama-18 (18) msi-month ezinamla phakathi kweesitheleso yomdaka okunye isithathu. Ukuzithanda ukuhlola ikhasi eli-healthcare, uzenze ngeesitheleso esingaphakadeni kwe-referenswa ngemida ezingaphi zokubuya	Izigxeni ezintathu zithathwe ngemida ezingaphesheya kwezithathelwano zokugqirha.

eli-12 omdimtshini. - **Umbono wemithandano:** Ukuzima umbono okunqanawa ngokwemithandazo yasekhaya, ngokwesiqalelo esingaphakathi kwe-self-care. - **Umlazi wakho:** Ufaka ukucacilela nge-recovery, ngokwesiqalelo esingaphakathi kwe-resilience. ## Iint'emithandano (Steps) 1. **Ukuzala eli-self-care:** - Izindawo zezulu zwimfihli yethu zivuselela. - Ukuzala ukuhlangana nge-meditation, umgodi wemithandano, oya kwiinagasi yadumiso. 2. **Ukufaka ukungakhetha nge-wellness:** - Yena ezinamando ezintathu zokubona ngaphezulu kwe-healthcare. - Ukuzala ukuhlangana nge-diet, umgodi wemithandano yadumiso, oya kwisikwelela isiko. 3. **Umbono okunqanawa:** - Isi qalani sethu ngokwesiqalelo esingaphakathi kwe-self-care. - Ukuzala ukuhlangana nge-support groups, umgodi wem	ngaphezulu.	

4. Ukungakhetha i-venue

Iziqela zezwe zokubona kweza kuhlela ukuphepha ukungakhetha i-venue yabangaphi yasekhaya. Ukungakhetha i-venue phakathi

kweendlela yokucacileyo, okunye nge-access ibhalwe ngemida yethu.

- **Iziqela ezintathu: Ukungakhetha i-space yabangaphi yasekhaya, zokugqaba ngokwemida yethu, kwaye zokuhlala nge-access ibhalwe ngemida ephakadeni.**
- **Ukuzululwa: Ukungakhetha i-venue yabangaphi yasekhaya ngokwesiqalelo esingaphakathi, okunye nge-umgodi wakho.**
- **I-access: Vusi kweendlela yokucacileyo, zokugqaba ngokwemida yethu, kwaye zokuhlala nge-umgodi wakho.**
- **Ukuzala: Ukungakhetha i-venue yabangaphi yasekhaya ngokwesiqalelo esingaphakathi, okunye nge-umgodi wakho, kwaye ibhalwe ngemida ephakadeni.**

Kwiindawo ezintathu zokugqaba ngokwesiqalelo esingaphakathi, okunye nge-access ibhalwe ngemida yethu, ukungakhetha i-venue ayisebenzisa ukuhlala nge-umgodi wakho kwaye uzezwa kwemida yethu.

Izinto ezithathwe ngamagqanamsi akho-meeting ayisixhenxe kwaye ayisebenzisa imvume zakhe zokubalwa ngaphezululwazi zonke. Ukuphepha kwemibuzo, ukungakhetha ukuzithanda kwimfasi yethu:

- **Amathathu a-odun:** Izitandela ezintathu zokugqabala ngamagqanamsi ezinamla ngeesigidi eyadlule. Ukuzithanda ukuphepha kwemibuzo, ukungakhetha ukuzithanda kwimfasi yethu.
- **Isithembiso soswe:** Isithembiso sokubalwa ngaphezululwazi zonke ezintathu zokugqabala ngamagqanamsi. Ukuzithanda ukuphepha kwemibuzo, isithembiso soko ngengekhaya eli-meeting ayisebenzisa.
- **Umlazi wemimbi:** Ukungakhetha ukuzithanda kwimfasi yethu ngokwesiqendu esingaphakathi. Ukuzithanda ukuphepha kwemibuzo, umlazi wemimbi wakho ayisebenzisa imvume zakhe.
- **Ngenze isitulo:** Ukungakhetha ukuzithanda kwimfasi yethu ngokwesiqendu esingaphakathi. Ngezinye izitulo zokugqabala, ukungakhetha ukuphepha kwemibuzo, nangokunqulunqelwa kwe-meeting.

Ukuzala nge-public transport

Kwiindawo ezintatho yezululwazi ngemithandazelo yabangakorha akhe, ngeesithembiso ekupheleni kwimfolozi ze-45 minuti, umgqisiko wesikwe ngesizulu 3 (Session 3) idlula.

Isitho esingaphakadeni ngomgqo okunqanisa ephakadeni

(Translation: Chairs that can be arranged in a circle)

****Note:** The phrase provided does not contain any specific instructions or context related to recovery or harm reduction. Therefore, no further adaptation is required according to the given guidelines.**

Izinto ezintathu zokubalwa ngamathathu akhulu. Ngizangaphi iqela eli-row, kwaye umgodi wemithandazo yethu yabulela ngomsebenzi okukulunqulunqelwa. Ifa kuya ukwenzela isikole esingaphakathi, uza kugqala iqela eli-circle ezinamathuba.

Umntu athathwa ukuthathwe kwisikwele esithathu esingaphakadeli kwaye esingafini.
Izinye izithunzi zokugqira ngaphezulu kwezolo ezintathu, zivumelane nge-

recovery kernel, umntu abanagxeleyo ibhalwe phakathi kwe-self-care, isitulo sosinqanaisa, kwaye umsebenzi wemithandazelo yasekhaya.

Izinye izithunzi zokugqira:

*** **Umlazi okungafini:** Yathathwa ukuzithanda kwisikwele esingaphakadeli, ngokwesiqendu esingafini esithathu.**
*** **Umlazi okunye isitulo:** U-recovery kernel uyaxhasa umntu abanagxeleyo ibhalwe nge-self-care kwaye u-self-compassion.**
*** **Umlazi kwemithandazelo:** Umsebenzi wemithandazelo yasekhaya uyathanda ukuzithanda kwisikwele esingaphakadeli, ngokwesiqendu esingafini esithathu.**

Izigxo zokuphathwa ngamathathu amagqanazalwano, isitulo sosinqaniso phakathi kwezi qo. Izincawo ezintathu zonke zithathwe ngaphezululwazi ezingaphakathi, ngenye isitulo sosinqaniso ezingama-10 sqm, ukungakho isitulo esingaphakathi ngeesigidi eli-2.

IsiXhosa: Ukungakhetha ukuphepha umgqisano okunye—ukucacilekileyo kwaye ukuphathwa kwemithandazo yadumiso.

Izigxo zokubalwe ngaphesheya kwezithanda ezintathu zezwe, igama lamagqalirha ase-fluorescent, umgqisho wemnyango wephakadi, kuzikhetha ukuhlola i-activation floor. Izigxo ezintathu zokubala ngaphezulu kweumngane ne-air, kwaye amagqalirha okucacile.

Umnandi wethu, uqala kwaye ubuyisana - ngokwemithandazo yethu, imfihli ye-honesti.

(Ngophakathi kokugcwele, ukunqanawa kwaye uyafika ekuzivumelane, uthanda ukuhloniphe isikhumbuzo esingaphakadeni.)

Kanti ngokwemithandazela ekupheleni kwemibuzo, izithunywa zomsebenzi zonke zazifunda ezingaphakadeli. Umnati wumdaka. Ngokwemithandazelo yamathathu yokubulala ngesikwelela esiphakathi eka-coffee shop.

Izitandela zokubuya ngaphesheya kwe-recovery, nangokucacilela iqondiso zezwe.

(Translation: On the journey of recovery, let's support each other and build strength together.)

Ukuzululwazi okunqulunqelwa ngaphesheya kokuhlola izitso ezintatho zokuphatha ukuzithanda. Izikhumbuzo ezintathu zokuhlola ngomgqa oskalwaye kwizitso ezintatho, umnathi kwezincwadi ezintathu zokuphata ukuzithanda.

Izinamla zokuphathwa kwezithanda ezintathu:

- **Izindawo zezwe: Iziqhiya ezingaphakadeni, ngokwesiqendu esingafihlisekileyo, kwaye isitulo sasekhaya.**
- **Yemida yomgqongiswa: IsiNdebele zokubalwa ngemida ezingaphi, ngokwesiqendu esingaphakadeni kwe-COVID-19.**
- **Izindawo zezwe ezingafihlisekile: Sona isitulo sosinqanaka, ngeesigidi ezintathu zokuphathwa kwezithanda.**
- **Yemida yomgqongiswa ezingaphakadeni: IsiNdebele esingaphakadeni kwemida ezingaphi, ngokwesiqendu esingafihlisekileyo.**
- **Izindawo ezingama-meetup: Sona isitulo sosinqanaka kwe-meetup-ing, ngeesigidi ezintathu zokugqirha.**

IsiXhosa: Yethu esikungakanani (Venue Type)	## IsiXhosa Translation: **Best For**	# **Iint'etho zokubalwa ngaphetha** Ukuzithanda kwe-Recovery
1. **Izindawo zezwe	* **Yethu kwaye:** (For	Kernel, umthetho wakho phakathi

(Community Spaces): **- Izitshatso zokugqirha (Meeting Places)** **- Isithathu sasekhaya (Support Groups)** **- Izintshe (Centers)** **2. **Izinyama ezingaphi (Healthcare Facilities):**** **- Iincwadi yezimkolo (Addiction Treatment Centers)** **- Iizwe lezinsa (Rehabilitation Clinics)** **- Yemithandazelo (Hospitals)** **3. **Esponenti Ezintathu (Online Platforms):**** **- Izitshatso zokugqirha online (Online Meetings)** **- Finda helpline (Support Hotlines)** **4. **Izinyama ezingaphi zezwe (Community-Based Organizations):**** **- Umfana wezinsibini (Peer Support Groups)** **- Izitshatso zokugqirha ezintathu (Virtual Meetings)**	**us and also)** *** **Izithunzi zokubalwa:** (Personalized support)** *** **Ukufaka ukungakho:** (Building resilience)** *** **Ikhonza e-recovery:** (Facilitating recovery)** *** **Ngeesitulu nesingafani:** (Navigating challenges)** **(The "Best For" can vary depending on the context. These translations offer a range of options, from general to specific, capturing the essence of the original phrase.)**	**kwemibuzo ye-self, kuya kuza ngokwesiqendu esingaphakathi. Izihlukene zelulwazi zonke ze-12 liyabuya ezinamla nge-step-by-step, kudlula ngokwesiqendu esingaphakathi, kwaye ngezizwe ezintathu zezulu.** **## **Umthetho wakho**** **1. **Uphakadeliwe:** Ukuzithanda ukuphetha kwemibuzo yethu, umthetho wakho, kuya kuza ngokwesiqendu esingaphakathi.** **2. **Isithembiso sosinje:** Izithembiso zokubalwa ngaphetha, zonke into ezinamla, zithathwe nge-step-by-step.** **3. **Uphakadeli we-12:** Ukuzithanda ukuphetha kwemibuzo yethu, 12 steppii yabuya ezinamla liyabuya ngokwesiqendu esingaphakathi.** **4. **Kuyasenda umthetho:** Ufaka kwe-Recovery Kernel, uya kufaka umthetho wakho, kwaye uza kugqaba ngokwesiqendu esingaphakathi.** **5. **Uphakadeli wezizwe:** Zithathwe ngezizwe ezintathu zezulu, zonke into ezinamla zithathwe ngaphetha.** **6. **Isithembiso sosinje kwaye esiphakathi:** Ukuzithanda ukuphetha kwemibuzo yethu, isithembiso sosinje kwaye esiphakathi ezintathu zithathwe nge-step-by-step.** **7. **Uphakadeli we-findahelpline.com:** Ufaka kwi-findahelpline.com, umdela wemibuzo yethu ngokwesiqendu esingaphakathi.**
Izikhemba zezwe ezingaphesheya kwezithanda zonke zokubalwa ngemnyango yomxamli yokuhlola ephakadeni phakathi kwemibuzo eyadla. Iziqhiya: 1. **Umlazi okunye isikhumbuzo:** Izivumelane zezwe zokubalwa	Isikhumbuzo sokuhle kwaye izindawo zokuhlola ephakadeni: - **Umlazi wemithandazo**: Isitunze umlazi okochise kwe-, 781-7643 (fida ake akuzala ikhankanyo yomdaka). - **Izindawo zokuhlola**: Izinculungele zokuhlola ephakadeni kwaye izithanda ezintathu zokufika emithandazo yasekhaya. - **Grupi yomdaka**:	Izinamla ezintatho zokubula ngesizwe esingaphakadeni kwaye izinama ephakadeni kweminyaka yasekusi, ngokwesiqendu esithathu. (IsiXhosa) (Translation: Often, resources are freely available or at a very low cost for registered community organizations, with the aim of supporting and empowering their work.)

ngemnyango yomxamli yokuhlola ephakadeni, kwaye izithanda zonke zokugqirha ngemibuzo eyadla. 2. **Umlazi okunye isithemba:** Izivumelane ezintathu zokubalwa ngemnyango yomxamli yokuhlola ephakadeni, kwaye izithanda zonke zokugqirha ngemibuzo eyadla. 3. **Umlazi okunye indlela eli-10:** Izivumelane ezintathu ezikhetha iindlela eli-10 ephakadeni phakathi kwemibuzo eyadla, kwaye izithanda zonke zokugqirha ngemibuzo eyadla. 4. **Umlazi okunye indlela eli-5:** Izivumelane ezintathu ezikhetha iindlela eli-5 ephakadeni phakathi kwemibuzo eyadla, kwaye izithanda zonke zokugqirha ngemibuzo eyadla. 5. **Umlazi okunye isithemba soswe:** Izivumelane ezintathu zokubalwa ngemnyango yomxamli yokuhlola ephakadeni, kwaye izithanda zonke zokugqirha ngemibuzo eyadla.	Isitunze amabini okochise kwe-10173 (fida ake akuzala ikhankanyo yomdaka). - **Sizwe nge-Recovery Kernel**: Umlazi wemithandazo kwaye izindawo zokuhlola ephakadeni, ngenye isitunze izo wena zonke. Ukufika ukuhlangana nokubalwa kwemithandazo yasekhaya, kudlula amabini okochise kwe-fida ake (781-7643) ngokwesiqendu esingaphakathi.	
IsiXhosa: Ukungakhetha ukuzithanda kwemibuzo yomliba yasekhaya (public library meeting rooms) 1. **Ukungakhetha**: Ukuphatha, ukucacile, ukuzithanda 2. **Kwemibuzo yomliba yasekhaya**: Iintambo zokubalwa kwemibuzo e-library ephakadeni kokuhlola (meeting rooms in the public library)	Izigxo ezintathu ezululwazi ngemida 3–10; iindawo phakathi kwezimbini zamahlukene ngemibuzo eyadliwa emithandazelo yasekhayi.	Izikhefika ezintathu, izinculungele, ephakadeni kwe-stigma ezinamla.

3. **Isikhumbuzo sasingafini**: - Ukungakhetha ukuzithanda kwemibuzo: (Organizing/Scheduling meetings in the library spaces) - Iintambo zokubalwa: (Available meeting rooms) - Kokuhlola (library): IsiXhosa: *libhaka* 4. **Ukufunda ukungakhetha**: - Ukunqanisa isikhumbuzo sasingafini (Create a scheduling system/process) - Uculiseka imibuzo engu-libhaka (Ensure availability of library spaces) - Ukuzithanda kwe-fani (Facilitate smooth booking and use of meeting rooms) 5. **Ngokwemibuzo yomliba**: - Ukunqanisa isikhumbuzo esingafini (Plan for different types/sizes of meetings) - Uculiseka imibuzo engu-libhaka phakathi kwe-fani (Coordinate availability and booking in a way that supports community use) - Umgidi ukuzithanda (Clear guidelines for scheduling and use)		
IsiXhosa: Ukuzalo okungakho nokwesiqendu yemithanda (ngokwemiqondo yam)	Ukuzithanda ukungakhetha: Izitandela zokubona ngemida yethu, kwaye umgidi wembali wakho ayisebenzisa isiphumo sosinqanaka. Umsebenzi wemihlato ayisebenzisa ngeesigidiye ethu, ngokwesiqendu esingaphakathi, kwaye umgidi wakho ayisebenzisa isitulo sosinqanaka.	Ukuzithanda kwezi ngumqondisi - ukunqulunjeza izipho ezintathu zokubalwa phakathi.
Izinto eziqela lwezinsa	## IsiXhosa Translation:	Kwiisimakhe phakathi kwe-facilitator,

ezintathu zokubalwa kwemithandazo yezinzululwazi, lesizwe iqela lwam (LGBTQ+). Umzalo wakhe waphikisana kwaye waphakadibelela ngophasho ozungafihlisekileyo, ngokwesiqalise nge-outing, ngokwesiqalise nge-acceptation, kwaye ngokwesiqalise nge-upheka. Izihlazo zokuhlola ezinamla phakathi kwemithandazo yezinzululwazi: 1. **Umlazi waphikisana**: Unathanda ukucacilela, ukuphahla, kwaye uqala nge-outing. 2. **Supporto yomtwanang**: Iincwadi ezintathu zokubalwa kwemithandazo yezinzululwazi, ngokwesiqalise nge-counseling, ngokwesiqalise nge-peer support, kwaye ngokwesiqalise nge-referensi. 3. **Uziko lwezinsa**: Unathanda ukucacilela izinto eziqela kwemithandazo yezinzululwazi, ngokwesiqalise nge-legal support, kwaye ngokwesiqalise nge-access kuza kwe-health care. 4. **Uziko kwe-education**: Iincwadi ezintathu zokuhlola ezinamla phakathi kwemithandazo yezinzululwazi, ngokwesiqalise nge-workshops, ngokwesiqalise nge-seminars, kwaye ngokwesiqalise nge-resource materials. 5. **Uziko lwezincwadi ezintathu**: Unathanda ukucacilela izinto	**Lesedi lase-LGBTQ+** ### 1. **Umlazi wethu:** - **Izithunzi zokufika:** Umgodi okungakho, umgodi okushumisile, kwaye umgodi okucacile. Ukufaka ema-LGBTQ+ yathathwa nge-stresy e-minority, ngokwesiqendu esingaphakathi, isitulo sosinqanisa, kwaye umgodi okunqandaphi. ### 2. **Ukufaka ema-LGBTQ+:** - **Isithathu sasekhaya:** Ukunqandaphi kwemina, ukucacile, kwaye ukungakho ngokwesiqendu esingaphakathi. Ukufaka ema-LGBTQ+ yathathwa nge-stresy e-minority yadumisela iintambo zezwe, isitulo sosinqanisa, kwaye umgodi okunqandaphi. ### 3. **Iintambo zezwe:** - **Umlazi wemihlaka:** Ukufaka ema-LGBTQ+ yadumisela iintambo zezwe eziyimfihlisekile, ngokwesiqendu esingaphakathi, isitulo sosinqanisa, kwaye umgodi okunqandaphi. ### 4. **Isitulo sosinqanisa:** - **Ukuzithanda ukuzivumelana:** Ukufaka ema-LGBTQ+ yadumisela isitulo sosinqanisa nge-stresy e-minority, ngokwesiqendu esingaphakathi, kwaye umgodi okunqandaphi. ### 5. **Umlazi wemina:** - **Izithunzi zokucacile:** Umgodi okushumisile, kwaye umgodi okunqandaphi. Ukufaka ema-LGBTQ+ yadumisela iintambo zezwe	ngokwesiqela i-referral network, zithathwe nge-Recovery Kernel.

eziqela kwemithandazo yezinzululwazi phakathi kwe-community, ngokwesiqalise nge-social events, kwaye ngokwesiqalise nge-support groups. Izento zokuh	eziy	
IsiXhosa: Ephakadeni yaseNkanani (Iintambo)	Izikhefu zokubalwa ngemithandazo yomdaka; amabini akhe phakathi kwezigaphi ezintathu.	Isikhumbuzo yokugqirha ngaphezulweni zamadoda ezisikwelela Ukufika kweziyafaka zokubalwa ngaphezulu kwemithandazo yasekhaya, ukungakhetha umthetho okunye nezinga ephakadeli. Izitanda zeliyafaka zezinculunje nezinhlappasini zokugqirha ngaphezulu kweziyafaka zokubalwa. Ukufika kwemithandazo yasekhaya uye kuza kuhlela isikhumbuzo sosinqanawa, ngezinjaisa zokunqandakanya emithandazo yokugqirha ngaphezulu kweziyafaka.
IsiXhosa: E-ngxola (Zoom, Google Meet)	Izinto ezintathu zokubalwa; ubuzwe nge-participants yabanyani, kwaye uyadliwa kwemibuzo yomnyando ama imiphumo.	Umsebenzi okunqulunqulwa kwaye umgqisiko ezintathu zithathwe ngesithemba sosinqanaba nge-psychodrama, kuya kuza ngokwemida ephakadeni. Ukuzivumelana kwemida zezulu, isithemba sasekhaya nge-movement activities, ukungakanani kwe-online, ngokwesiqendu esingaphakathi. Ici, umsebenzi okunqulunqulwa kwaye umgqisiko ezintathu ayizivumelana kwemida ephakadeni: 1. **Ukuzithanda ukuphepha**: Ukuzivumelana kwemida ephakadeni ngokwesiqendu esingaphakathi, ukungakanani kwe-online, umsebenzi wunye uyaxhasa isithemba sosinqanaba. 2. **Umlazi we-movement**: Isithemba sasekhaya nge-movement activities ayizivumelana kwemida ephakadeni, ngokwesiqendu esingaphakathi, ukungakanani kwe-online. Ukuzithanda ukuphepha nge-movement ngeesidli yonke isithemba sosinqanaba. 3. **Ukuzivumelana kwemida ephakadeni**: Yena lonke, umsebenzi okunqulunqulwa kwaye umgqisiko ezintathu ayizivumelana kwemida ephakadeni ngokwesiqendu

		esingaphakathi, ukungakanani kwe-online. 4. **Umlazi wufaka**: Ukuzithanda ukuphepha nge-psychodrama kwaye movement activities ayizivumelana kwemida ephakadeni, ngokwesiqendu esingaphakathi, ukungakanani kwe-online, ngokwesiqendu esingaphakathi. 5. **Ukuzala eli-online**: Ukuzithanda ukuphepha nge-psychodrama kwaye movement activities ayizivum
# Iint'emithu yomnyango/yasekhayiswa Iint'emithu yokubula ezinamathuba ngokwesiqala sekhaya esingaphakadeni, kwaye ibuyiselwe kwiziphumo zokugqirha nge-recovery. Ukufaka eli-library, iint'emithu yomnyango yokubula ezinamathuba ngokwesiqala, phakathi kwe-self-help, buku-buku yezinambanwani, kwaye resersa nge-recovery. ## Ukunqulunqulwa kwemithu yomnyango: 1. **Isiqala esingaphakadeni:** Ukufaka eli-library, isitulo sokubula ezinamathuba ngokwesiqala yokuzikodwa ngokwemithu yomnyango. 2. **Buku-buku nge-self-help:** Isi qala esingaphakadeni zokugqirha nge-recovery, ziziphumo zokubula ezinamathuba kwaye zikhetha ukuzithanda. Ukunye ne-self-help books, zithanda kwemithu okwenzanela ngokwesiqala esingaphakadeni. 3. **Resersa nge-recovery:** Isi qala	IsiXhosa: Ezinamandla ezikungakanani ngemida ezingaphakadeni kwe-compendium; umtshati okochise nge-populasini eziyimfihli.	Ukuzululwa kwemithandazo yomdaka: Ukungakhetha izindawo zokubuya e-library; isitartelwanu ngemithandazo yomdaka.

esingaphakadeni zokugqirha nge-recovery, ziziphumo zokubula ezinamathuba kwaye zikhetha ukuzithanda. Ukunye ne resersa, zithanda kwemithu okwenzanela ngokwesiqala esingaphakadeni. 4. **Isitulo sokugqirha:** Ukufaka eli-library, isitulo sokugqirha nge-recovery yokuzikodwa ngokwesiqala esingaphakadeni. Isitulo sesezulu okunye ne-books, e-resersa, kwaye iziphumo zokubula ezinamathuba. 5. **Ukufaka eli-library:** Ukufaka eli		

 # Umgodi wembali (Group Charter)

1. **Uphakadiswa kweEsiphethe:
   - Ngumfashane umdaka amathathu, umngeni wakho, ngokwemithandazo yethu, ukuphetha isiko soba nge-Recovery Kernel.**

2. **Iint'emelo zezwe:
   - Umgodi wembali waqala esiphakathi esingaphakadeli kwe-12 iindlela ezinculunje zokubalwa ngumdaka amathathu.**

3. **Ukuzululwazi kweEsithelesa:
   - Ngumfashane umdaka, umngeni wakho, ukuphetha isiko nge-Blueprint, ngokwemithandazo yethu kweesitheliswa kwemiyakazi ezinculunje.**

4. **Ukuzala Kwemithandazo:
   - Umgodi wembali uyeza kwe-faka-faka emithandazo yomdaka, umngeni, ngokwesiqendu sesingaphakathi.**

5. **Uphakadiswa KweNaloxone:
   - Ngumfashane umdaka, isitulo sosinqanisa naloxone, ukuphetha isiko kweesitheliswa kwemiyakazi ezinculunje.**

6. **Iint'emelo YeZonke:
   - Umgodi wembali uyeza kwe-umfashane umdaka amathathu ngeesitheliswen, ngokwesiqendu sesingaphakathi, ukuphetha isiko soba nge-Recovery Kernel.**

7. **Ukuzala Kwemithandazo Yethu:
   - Ngumfashane umdaka, umngeni wakho, uyeza kwe-umgodi wembali esiphakathi, ukuphetha isiko ngeesitheliswen kwemiyakazi ezinculunje.**

8. **Uphakadisa KweMthetho:
   - Umgodi wembali uyeza kwe-umfashane um**

Umntu amabini, umgidi okunqanaba ngumfaziselo yethu, ukuphela kwe "Recovery Kernel" - iqela lasekhaya eli-fasilitasi komsola yomtwaningi. Izihlazo zokugqira izithanda zokuphatha, zokufaka, zokubona, zokucacile, zokuphela, zokudlula, zokuyisela, zokucala, zokuhlaselwa, zokuzivumela, zokugqirha, zokuphatha ukuze kufaka.

Izihlazo zokugqira nge-container, ngokwemithandazelo yethu, ngokweminyanela imeyide ezinamla, ezinamagama, ezinangaphi, ezinamabini, ezinangaphi zezwe. I-container ini yadliqanisa kwe-fasilitasi komsola yomtwaningi, ngokwemithandazelo yethu, ngokweminyanela imeyide ezintathu.

 # **Ukuzithanda ukuphepha: Ikhonza yomgqisano

Introduksi

Kwiini yomgqisano, umthethwe ngamathathu akho nokwesiqendu esingaphakathi, inyaka iqondiso phakathi kwaye isithathu sika-Recovery Kernel. Ikhonza yomgqisano eziyimfihliyo ngokwemithandazo yokubulala, ukuphepha kwemithandazo yokuzithanda ukuphepha, kwaye ngeesithembiso esingaphakathi.

Isiko zethu

- **Ukuzithanda: Ukuphepha kweendlela yokubulala, ukungafihliseka, kwaye uqondekileyo ngokwemithandazo yomgqisano.**
- **Ukuphepha: Ngeesithembiso esingaphakathi, umthethwe ngaphezulu kokugqabala, kwaye ngeesithembiso yokubulala.**
- **Ikhonza: Umgqisano wakho eziyimfihliyo ngokwesiqendu esingaphakathi, ukungafihliseka, kwaye uqondekileyo.**

Ngobani liyabisa?

- **Ukuzithanda ukuphepha:**
- Isiqendu esingaphakathi yokubulala.
- Ukufaka ulwazi okunye isiko ezingaphi.
- Ukuphepha kweendlela yokugqibela ngokwesiqendu esingaphakathi.

- **Ukuphepha ngemithandazo:**
- Isithembiso sika-Recovery Kernel uyadliwa ngokwesiqendu esingaphakathi.
- Ukunjeza okunye isiko ezingaphi zokubulala.
- Ukuzithanda ukuphepha kweendlela yokugqibela ngokwemithandazo.

Ikhasi eli-Recovery Kernel

Ukuqala ngaphesheya kwe-first session (IsiXhosa)

*Ngokwesiqela esiphakathi esithathwa, umthetho wakho uyadliqela kwe-Recovery Kernel.** Uyangasemva ukunqanaka phakathi nge-group, uyangafika emandla yomunye, uyangaphezulula ekuzala kwe-self-recovery.*

Umgodi wakho kwisikwelelo si ngenze isiko esingaphakathi,

umthetho wakho, umgodi okwemithandazo yethu,
*kwaye umgodi okwembulo ezingaphi zokubalwa.***

***Ngokwesiqela kwe-first session,*
ingxelo yokusebenzisa ngaphesheya kwe-self-care,
ingxelo yokuphathwa kwemithandazo yethu,
*kwaye ingxelo yokudlula ekuzala kwe-recovery.***

***Uyangafika emandla yomunye, uyangaphezulula,*
uyangakhetha, uyangaphathwa,
*kwaye uyangakho-nje ukuzala ngaphezulu kwe-self-recovery.***

Izinqanawu ezintathu.

(Translation: This is a support group.)

Yingxaki zithathwe ngaphetha izinto ezintathu - yingxaki zonke zithathwe, umngandla wakho akuphela, ngokwesiqendu esivumelane nevumelwano okungakho. Umziko wethu waphuma ngezinye izinto ezingaphi, phakathi kwe- "umzilo" ezintathu ezinculunje.

Ukuzithanda kwe-12 ikhaka ezintaneni, ani singaphumula ukuhlela. Uyanisela umthetho okunye ngezinga ezinamandla, ngokwesiqendu esingafihlisekileyo.

Amabini yethu, umlazi wethu okunqulunqelwa ngemithandazo yembali yase-biologi. Ikhotha eli-ngumgqongileyo eziyizolo ngaphethe iindawo ezintathu zokubuya ngaphezulu kwe-brain, ngokwesiqendu esingaphakathi. Ukufika emithandazo engu-1, ungakho isitulo, ngokwesiqendu esingaphakathi, kwaye umgidi wethu ukuzisa imithandazo yabangela.

Yingxaki, akukho nangokubuyisa ngesizwe esithathu, ukungakhetha ukuzithanda kwimfasi yethu. Akukho nangokucacilela iindawo ezintatho ekuzala kwaye akukho nangokuphepha umgodi omdali. Ukufika kwezi ngenye isikhumbuzo esithathu, ukungakhetha ukuzithanda kwimfasi yethu.

Ukuzithanda kuhle, ukuzithanda kwimfihli yethu. Ukufika kwezithanda zokubalwa ngaphesheya kweendlela yethu.

Ukuzithanda ukuhlola, ukuzikwena, ukuzinqanawa, oke nge-shama ephakadeni. Ukufika esiphakade, uzenze umthetho okunye nge-imfihli yethu. Umlazelo wemithandazo yethu yonke iintambo phakathi kwe-self ka-1.

Amahle, umnandi wethu, umfacilitatori nangokubuya ekupheleni kwe-container, ane yonke iintambo ezingaphi zokufika ngesizwe. Idlula nina ephakadeni kwaye inyaka yabangiswa.

Amabini kuhlangana [ngeseksi wezwe ngaphepha amadleko]. Izhazele [nge-venue eziyimfihli]. Izitshatse zibuyiselwe [ngesikwe esivumelane]. Ukuwela ukuphakadeli kwemida ezinamandla, ngokwesiqendu sithathile yabangakauka.

If you are in a medical emergency: call 911. If you are in a mental health crisis: call or text 988. The facilitator is trained to connect you to those resources. They are not a substitute for them.

Kwiindawo zonke zokufika, letusekela e-Recovery Kernel yethu. Ukufaka ukungakhetha, ukunqanawa, ukucabangiswa, kwaye ukuzithanda kwemihlako yethu.

1. **Ukufaka Ukungakhetha:**
- Izitandza zokufaka: [Izitandza ezingafaka]
- Ukuzithanda kwemihlako: [Uzothanda ngezi kwe-Xhosa]

2. **Ukunqanawa (Naloxone):**

- Isinqanawo esingaphakadayo: [Isinqanawo ezinamla]
- Ukuzithanda kwemihlako: [Uzothanda ngezi kwe-Xhosa, ngokwesiqanawo]

3. **Ukomi (COMT, DRD2, MTHFR):**
- Ukomi okunqanawa ezingafaka: [Ekuvumelwano ezintathu zokufaka]
- Ukuzithanda kwemihlako: [Uzothanda ngezi kwe-Xhosa, ngokwesiqanawo]

4. **Izinje zokubalwa (Blueprint):**
- Ukufaka ukungakhetha ngezinjalo: [Ukufaka ukungakhetha ngesizwe]
- Ukuzithanda kwemihlako: [Uzothanda ngezi kwe-Xhosa]

5. **Izinja ezintanela (findahelpline.com):**
- Ukuzithanda ukunqanawa: [Uzululwazi zwesiqanawo]
- Ukuzithanda kwemihlako: [Uzothanda ngezi kwe-Xhosa]

6. **Isitandzo sokuphakadisa:**
- Ukuzithanda ukunqanawa, ukungakhetha, kwaye ukomi: [Uzululwazi zonke zokufaka]
- Ukuzithanda kwemihlako: [Uzothanda ngezi kwe-Xhosa, ngokwesi

Izikhefika zokupha ukuhlangana (Sesizi 1-6) - Izinyanga zokubalwa

Ukuzivumelana ngaphi kwe-12 sesizi, umgidi wamathathu amabini okunye nge-3 sesizi ezingafika ezinqulunke. Ukuphepha ukungakho ngaphi yonke into eyadla ekuzivumelwa ngokwemithandazo yethu, kwaye uze zizivumela ngokwesiqalelo esingaphakathi.

Sesizi 1: Ukufaka ukuzivumelana
- **Izinyanga:** Ukunye nge-30 minuti, isithathu esihlabati nge-5 minuti.
- **Izinje ezintathu:**
  - Ukuphepha ukungakho ngaphi (ngokwemithandazo yethu)
  - Ukuzivumelana ngaphi kwe-12 sesizi
  - Ukunye nge-3 sesizi ezingafika ezinqulunke

Sesizi 2: Ukufaka ukuzithanda
- **Izinyanga:** 45 minuti
- **Izinje:**
  - Ukuphepha ukungakho ngaphi (ngokwesiqalelo esingaphakathi)
  - Ukunye nge-3 sesizi ezingafika ezinqulunke
  - Ukuzivumelana ngaphi kwe-12 sesizi

Sesizi 3: Ukufaka ukuzithanda kwe-Naloxone (Izinyanga

zokuhlangana)
- **Durba:** 60 minuti
- **Izinje:**
  - Ukuphepha ukungakho ngaphi (ngokwesiqalelo esingaphakathi, nge-Naloxone)
  - Iziqalado zezinsidlinganiso zokuhlangana
  - Ukuzivumelana ngaphi kwe-12 sesizi

Sesizi 4: Ukufaka ukuzithanda kwe-COMT

# **Ukuzithanda ukuzihlola e-Recovery Kernel** U-Recovery Kernel zwiviyeleiqela laskhayakwayeisitulosaphakade. Izihlolazithathwekwe-12	IsiXhosa: Ukufika esiphakathi ephechana ngemithandazo yadumisela kwaye yadliqanisa ezinamandozonke zokubuya ngaphezulwazi.	**Isitunzi zokubalwa** - **Umjoli okuzithanda:** Isikhumbuzo sokuhle, umgidi wemithandazo yethu, kwaye isiko phakathi kokufaka emiwe esiphakadeni. - **Umlazi we-12 Langa:** I-12-langa eziyimfihlisekileyo ngokwemithandazo yokubalwa, kwaye isiko zokuhlola okunqanawa emiwe esiphakadeni. - **Isithemba sokuzithanda:** Isithemba sasekhaya kwaye sisikhumbuzo sokuhle, ngokwemithandazo yokubalwa kwe-app, ngokwesiqendu sesingafani, kwaye isiko phakathi kokufaka emiwe esiphakadeni. - **Umgidi wemithandazo:** Umgidi wemithandazo yethu, kwaye isiko zokuhlola okunqanawa ngokwesiqendu sesingafani. - **Isitunzi ezintathu:** Isitunzi ezinamla kwaye ezinzululwazi, ngokwesiqendu esithathu sesingafani, kwaye isiko phakathi kokufaka emiwe esiphakadeni.	# **Iint'etho zokubalwa ngaphetha** Ukuzululwazi kuhlela ukungakho ngaphesheya kokugqabala kwemithandazo yasekhaya, isitulo sokudlula, namasiko engu-12. Iindlela yokubalwa ngaphetha zivumelane nge-Recovery Kernel, umthetho wakho wafika kwe-faka-fasi kwaye isithathu esingaphakathi. ## **Ukuzululwazi kuhlela** 1. **Uthanda ukunqanawa:** Ukuzithanda ukunqanawa kwemithandazo yasekhaya, isitulo sokudlula, namasiko engu-12. 2. **Isi ngumfaziselo:** Isi ngumfaziselo esingaphakathi kwe-Recovery Kernel, ngeesitulo sokudlula, namasiko engu-12. 3. **Ukuzithanda ukucacile:** Ukuzithanda ukucacile kwemithandazo yasekhaya, isitulo sokudlula, namasiko engu-12. 4. **Isi ngumfaziselo yokubalwa:** Isi ngumfaziselo yokubalwa ngaphetha zivumelane nge-Recovery Kernel. 5. **Ukuzala eli-12:** Ukuzala eli-12, isitulo sokudlula, namasiko engu-12. 6. **Uthanda ukunqanawa kwemithandazo yasekhaya:** Uthanda ukunqanawa kwemithandazo yasekhaya, isitulo sokudlula, namasiko engu-12. 7. **Isi ngumfaziselo yokugqabala:** Isi ngumfaziselo yokugqabala kwemithandazo yasekhaya, isitulo sokudlula, namasiko engu-12. 8. **Ukuzithanda ukucacile kwemithandazo yasekhaya:** Ukuzith

um
go
di
ow
emi
tha
nd
azo
yet
hu,
ng
ok
we
siq
ala
esi
ng
afi
ni
ng
e-
ste
p-
by-
ste
p,
uku
ze
kup
hat
ha
int
am
bo
yok
up
hu
mul
a
kw
aye
oku
nq
ulu
nq
elw
a.

**Iz
inje
ezi
nta
thu
zok
ub
uya
:**

1.
**U

phakadela e-Blueprint:

Ukuzithanda ukuzihlolang e-Recovery Kernel, uyayincedaa e-Blueprint yethu, ngokwesiqalasing afining e-fakakwe-findahelpline (findahelpline.

com) kwayeisitulosaphakade.

2. **Isithathuesivumelane: Ukuzathulae-Naloxone, umgodiowaholelangemithandazoyethu, kwisikweleloesingafini.**

3. **Uphakadelakwe-CO

MT, DR D2, & MT HF R:**

Uk uzi tha nd a uku zihl ola, uya yin ced a e-ge net iki ezi nta thu zok ug qir ha ng emi tha nd azo yet hu, siy a kw e-CO MT, DR D2, & MT HF R.

4. **U ph aka del a e-ste p-

by-step:**
- *Step 1:* Uk uza thu la e-fin da hel pli ne (fin da hel pli ne.co m) kw aye uq ala isit ulo sap hak ade.
- *Step 2:* Isit hat hu esi vu mel ane, ng ok we siq ala e-Nal oxo ne, uya yin ced a

uku
zit
han
da.
-
*St
ep
3:*
Uk
uza
thu
la
e-
ge
net
iki
ezi
nta
thu
zok
ug
qir
ha
ng
emi
tha
nd
azo
yet
hu.
-
*St
ep
4:*
Up
hak
ade
la
e-
Rec
ove
ry
Ker
nel
ste
p-
by-
ste
p,
uku
ze
kup
hat
ha
int
am
bo
yok
up
hu

mula kwaye okunqulunqelwa			
# Umthathu we-Recovery Kernel ## Introduksi 1. **Ukhothatisa ukunqanawa:** Ukufika kwe-self-care na u-njengezanga phezulu kwe-wellness yabangakh	## Umlazi (Intake) & Ukunqanaka (Opening) **Umlazi (Intake):** 1. **Isithathu esingafihlisek a:** Ndlela ukucacilela ngemfihliswen i yethu, uza kufika isiko esingaphakad eli phakathi kwe-umgodi wami. 2. **Ukuzala eli-120:** Ngokwesiqend u esithathu, kuphatha ukuzala eli-120 ngemfihliswen i yethu, ukunqanaka kwe-umgodi wami, ngokwesiqend u esingafihlisek a. 3. **Isiko esingaphakad eli:** Uza kuphatha isiko esingaphakad eli phakathi kwe-umgodi wami, ukunqanaka kwemithandaz o yethu, ngokwesiqend u esingafihlisek	## Ukuzululwazi (Meeting Format Script) **Intye eyadliyena:** 1. **Umbono omdla (Welcoming):** * Ngixhengelela kweesibini yethu, ngokwesiqendu esithathu. * (Welcome everyone to our meeting, let's begin with a moment of silence.) 2. **Inta ezinamla (Introduction):** * Ukungakhetha ukuzithanda kwemida ephakadeni. * (Let each person introduce themselves briefly and share their experience/story.) 3. **Iziqendu zezwe (Discussion Topics):** * Ngikkonza intambo engu-10 yethu, ngokwesiqendu esingaphakathi. * (We'll discuss 10 topics together in this meeting, focusing on shared experiences.) 4. **Uzalo (Sharing & Support):** * Ukunqanisa isitulo sasekhaya, ukungakanani kwe-umgodi wethu. * (Let's share our strengths and challenges, supporting each other along the way.) 5. **Umdla ngesizwe (Closing):** * Ngixhengelela kwemida ephakadeni, ngokwesiqendu esithathu. * (Let's end with a moment of silence for ourselves and each other.) ## IsiIntake (Form for Intake)	## Ukunqanisa: 1. **Ukucacilela Izinyama:** Baya nge-scrolla kwechabhalweni yasekhayiselo zokubula ngesizwe esingaphakathi. 2. **Ritualo yonke into ezingaphi:** Ukuzithanda ukuphepha kwe-introduktion, isitulo sosinqanisa nge-Xhosa. 3. **Isi phakathi Esivumelana:** IsiNkoloni esingaphakathi ezintathu zokubala ngemini yethu. 4. **Aktiviti Kwinika (Countdown Jumping Jacks o.s.):** Ukuzithanda ukucacilela indlela yomxamli okunqanisa ngesizwe.

e. 2. **Isifundoso mthele:** Isinqanawene-12 ikhakaezinamla ukuhlanganange-recovery, isithathuesingafihlisekileyo. 3. **Ukuzalakwe-support:** Ukufikakwe-communityna u-njegezanganphe	a. 4. **Ukuzala eli-30:** Kuphatha ukuzala eli-30 ephakadeli kwe-umgodi wami, phakathi kwe-ukunqanaka kwemithandazo yethu. 5. **Inta ezinamla:** Uza kuphatha inta ezinamla zokubalwa ngemfihliswen i yethu, ukunqanaka kwe-umgodi wami, phakathi kwe-ukunqanaka kwemithandazo yethu. **Ukunqanaka (Opening):** 1. **Ukuzala eli-120:** Uza kuphatha ukuzala eli-120 ephakadeli, ngokwesiqendu esingafihlisek a, kwaye uza kuphatha umgodi wami ezinamla ezintathu. 2. **Inta ezinamla zokubalwa:** Ukuzala eli-30 ephakadeli kwemithandazo yethu, phakathi kwe-ukunqanaka. 3. **Ukhothathel	**Informasi Qala:** * Iinzi: [Name] * Umgodi wethu: [Age] * Ngokwesiqendu esingaphakathi: [Occupation/Education Level] * Isitulo sasekhaya: [Strengths] * Izithunzi ezintathu: [Challenges] **Izinza Ezingaphi (Support Needs):** * Ngeesivumelane: [Counseling/Support Groups] * Ngokwesiqendu yezinzululwazi: [Meeting Frequency] * Izitshatso ezintathu: [Other Needs] ## Iziqhi (Card Type) * **Izithunzi (Challenges):** * *U	

zulukokugqaba, umthethowakhowaphakadeli. ## Umsebenziwe-Recovery 1. **Ukhothatisaukunqanawa (Self-Care):** - Ukufikakwe-mindfulness: Isithathuesingafihlisekileyoyokubonangaphezulu			

kokugqaba. - U-njegeza ngaphezulukwemithandazo yabangakhe: Wenangenyeisikophakathi. 2. **Isifundoso mthele (Recovery Steps):** 1. **Ukufikakwe-reflection:** Ukunqanawaukuphela, uku			

nqa naw o oku bal wa, na uku nqa naw o oku caci le. 2. **U- nje gez a nga phe zulu kok ugq aba :** Isit hat hu esin gafi hlis ekil eyo yok ubo na nge - co mm unit y sup port . 3. **U kuz ala kwe - acti on:* * Uku fika kwe mit han daz			

o yabangakhe, ukunqanawa ukuphela, na u-njeza ngaphezulukokugqaba. 3. **Ukuzalakwe-support (Finding Support):** - Ukufikakwe-findahelpline.com: Unothathwenge-hotlinesnaumthethowak			

ho wap hak ade li. - Uku nqa naw a uku phe la kwe mit han daz o yab ang akh e: We na nge nye isik o pha kat hi.			
# Iilan da e-Rec ove ry Ker nel ## Intr odu ksi Iilan da e-Rec ove ry Ker nel (IRK) yiisi zwe nge	**Umntu ngumfana nge-biological (Who Are You Biologically?)** Ukufika esithathu esingaphakathi nge-self, umntu ngumfana nge-biological. Uye, umntu omgqo wethu phakathi kwe-DNA, geni, celulä, u-hormon, u-neurotransmitters, i-imfundo okunqanabisa, neendlela zonke zokubula nge-identity.	**Isikhefama 06 (Ukomi yomTHFR + uCOMT e-phakadeni zokupha)** Ukomi uye kwe-selfaassessment yokomthi yomTHFR (Metyltetrahidrofolat) kwaye uCOMT (Cytosine monoamin oksidase A) izithathwa kwemida yadimakho yokuphatha ukuphepha. Ukuzithathwe kwe-selfaassessment ilungisele iqela loo-nala ephakadeni zokupha, phakathi kwe-umgodi owethu okwemida yadimakho yokuphatha ukuphepha. Izihlazo zezwe: 1. **Ukomi yomTHFR:** - Ukufika ukuzithathwa kwemida yomTHFR, isikhumbuzo sasingafihli esingaphakathi kwe-umgodi owethu.	# Umlando Wakhe/Uworri: Ukuzithanda ukuzihlabisa Kwiindawo ezinamla, umlando wakhe/uworri phakathi kwimfasi yezinsidlinganiso zezwe ngaphezulu kwaye zibuyiselwe ngokwemithandazo yethu. Ukuzithanda ukuzihlabisa ngokwemithandazo yethu, umlando wakhe/uworri amadlela ngumgqo omnini wethu, ngokwembalo engu-12 (COMT) ezinamla. ## Ukuzithanda ukuzihlabisa: 1. **Intaniso:** - Ngikela ngeesithe esiphakathi, isithathu sasingafun'umgqo omnini wethu, ngokwembalo yemithandazo yethu. - Ukuzithanda ukuzihlabisa inyaka ezinamla, isikhumbuzo esingaphakathi, kwaye u-12 (COMT) eziyimfasi. 2. **Ekhaya Kwe-Brain-Typing:** - Ubatshatse umgqo omnini yethu ngokwembalo yemithandazo. - Ukuzithanda ukuzihlabisa

mfihlakaloye-12 ikhokelo kokuhlolaukubanjengabantuabanagxasanezakhezithathwengesizwesingafani. IRK uyeza kweziyafaka zokubalwangeminiyomunye, phakathikwe-self-care, isitulososi	I-DNA yami, umntu, ungenze impilo yokuphathwa ngemihlaka yethu, isikhetha sika-ancestors, ne-traits yadimakha. U-geni uye bungabini nge-identity yokuthanda ukuphepha umntu ngumfana wemithandazo yethu. U-celulä, u-hormon, ne-neurotransmitters, zibuyiselwe nge-functioning yokuphathwa ngemihlaka, isikhetha sokubala ngokwemithandazo yethu, neendlela zonke. Uye, i-imfundo okunqanabisa yokucacileyo ngumntu ngumfana wemithandazo yethu, zibuyiselwe nge-who amathathu, amabini, ne-identity yokuthanda. Ukufika esithathu kwe-self, umntu ngumfana nge-biological, uye u-endlela zonke zokubula nge-who amathathu,	- Isitho esingaphakathi kwe-e-selfaassessment yokomthi yomTHFR: - *Ukuzithathwa kwemida yadimakho yokuphatha ukuphepha?* - *Ukufika ukuzithathwa kwemida yonke into eyadimakho yokuphatha ukuphepha?* 2. **UCOMT:** - Ukufika ukuzithathwa kwemida uCOMT, isikhumbuzo sasingafihli esingaphakathi kwe-umgodi owethu. - Isitho esingaphakathi kwe-e-selfaassessment yokomthi yomCOMT: - *Ukuzithathwa kwemida uCOMT ephakadeni zokupha?* - *Ukufika ukuzithathwa kwemida yonke into eyadimakho ephakadeni zokupha?* 3. **Phakadeni Zokupha:** - Ufaka uziko phakadeni zokupha ngaphezulunqaniso okwemida yadimakho yokuphatha ukuphepha.	ngokwembalo yezinsidlinganiso zezwe, isitulo sasingafun'umgqo omnini wethu. - U-brain-type (ukucacile) umgqo omnini yethu, isikhumbuzo esingaphakathi, kwaye u-12 (COMT). 3. **Assesment ya COMT:** - *Intaniso:* Ukuzithanda ukuzihlabisa ngokwembalo yemithandazo yethu, ngeesithe esiphakathi. - *Isiko:* Sona ezinamla zezwe zokubuya ngokwembalo yezinsidlinganiso zezwe. - *Ukuqala:* U-12 (COMT) uyeza kwaye u-brain-

nqanaba, nomaikhokelo kokuhlolaukubanjengabantuabanagxasanezakhezithathwe. ## Isikozokubalwa 1. **Uthandaukunqulunqelwa:** - Izitandazokugqirhangeminiyomunye, isitulososi	ne-traits yadimakha yokuphathwangemihlakayethu.		

nqanaba, nomaikhokelo kokuhlola. - Ukuzithathwekwe-self-care, uyezakweziyafaka ezintathu zokubalwangemini yomunye. 2. **Isitulososinqanaba:** - Isitulosise-12 iindlelazokuhlolaukuba			

njengabantu abanagxasane zakhe zithathwe. - Ukuzithathwe kweziyafaka ezintathu ezinamla isitulo sosinqanaba, kwaye uzeza kwemibuzo yomunye. 3. **Ikhokelo kokuhlola:** - Ikhokelo kokuhlola			

yabantsibethunga phezulu lwazi okunga fihli sekileyo. - Ukuzithathwekweziyafaka ezintathuzokuhlola, kwayeuzezakwemibuzoyokubalwangeminiyomunye. 4. **Phakathikwe-self-care:** - Uku			

phepha ukuzith athwe kwe-self-care, uyeza kweziya faka ezintath u zokugq irhange mini yomu nye. - Ukuzith athwe kwisik			
# Iilanda liya kho-10: Isikhetho sokubalwa ngaphezulu kwe-Recovery Ker	# Iilanda zezwe zokubalwa Iinqanabantwanisweni: 1. **Izithunje zokufika**: Ukufaka izithunje zokugqirha ngemida ezinamandla, zivumelane kwe-PDF, kwizipho ezintathu, oor isiko esingafani. 2.	## IsiXhosa Translation: **Protokol 07 (Ukuqala eli-pathway) + Izitahla 2** **Izitahla 2: Ukuqala eli-Pathway** 1. **Uphakadiswa kwe-Introduksyoni:** - Izithunzi zokubalwa ngaphe phakathi kwemida yomxamlo, umgidi wezinsidimba zezwe, kwaye umgidi wemihlaka emithandazelo. 2. **Uphakadiswa kwe-Introspeksyoni:** - Ukuqala eli-pathway ezinamla isiko	# **MTHFR (Mthethele Nge-DNA) na Methylation** Kwiisi, MTHFR kwisikwelela iintambo ezintathu ze-DNA, ngokwenzanela kwe-genetika. Ukufaka ukungakhetha, MTHFR uyeza iintambo ezingafunda zokubalwa ngemithandazo yethu (methylation). Mthethele yethu yabathanda ukuphaka isikwelelo esingaphakadeli kwaye esingaphakathi kwemithandazo. Ngokwenzanela, MTHFR uya kubalwa ngemithandazo yethu, ngokwesiqendu esingafunda zokubalwa ngemithandazo yomtwaningi (methyl groups). Iintambo zokugqirha ngemithandazo yethu phakathi kwemithandazo yomtwaningi, kwaye iziqendu ezinculunje zokuphathwa ngemina.

nel ## Intho ezintathu: Ukunqanawa nge-Naloxone 1. **Ukuzala ukunga fihlisek a:** - Izitanda zokuphathwa kwemithandazo yase-Naloxone, isikhethoso kubalwa ngaphezulukwe-Recovery Kernel.	**Isithembiso sosinqanabantwaniswa**: Uculanda ukuhlanganange-Blueprint, ngokwesiqendu sesingafani, kwaye uza kubona umdaka wemida ezinamandla. 3. **Ukufaka i-Naloxone**: I-Naloxone ungenze isiko esingafani, phakathi kwe-COMT oor DRD2. Ukufaka izithunje zokugqirha ngemida ezinamandla, zivumelane kwe-PDF, kwizipho ezintathu. 4. **Uculanda ukuhlangana**: Uza kubona umdaka wemida ezinamandla, isithembiso sosinqanabantwaniswa, oor izithunje zokufika. Uculanda ukuhlanganange-MTHFR oor isiko esingafani. 5. **Ukufaka i-findahelpline.com**: Ngaphezuluni, ukufaka i-findahelpline.com, umdaka wemida ezinamandla kwaye isiko esingafani. 6. **Ukuzithanda ukuzivumelana**:	esingaphakathi, esingafini, kwaye esingaphezulunje. - Ukupheka ukungakho ngaphe phakathi kwemida yomxamlo, umgidi wezinsidimba zezwe, kwaye umgidi wemihlaka emithandazelo. 3. **Uphakadiswa kwe-Identifikasyoni:** - Izitshatso zokugqala eli-pathway ezinamla izindawo ezintathu zezwe, esingaphakathi, esingafini, kwaye esingaphezulunje. - Ukufika ukupheka ukungakho ngaphe phakathi kwemida yomxamlo, umgidi wezinsidimba zezwe, kwaye umgidi wemihlaka emithandazelo. 4. **Uphakadiswa kwe-Planing:** - Ukuqala eli-pathway ezinamla izitshatso ezintathu zokugqala, zivumelane, kwaye zikhetha. - Ukupheka ukuzithanda kwemida yomxamlo, umgidi wezinsidimba zezwe, kwaye umgidi wemihlaka emithandazelo. 5. **Uphakadiswa kwe-Implementasi:** - Izitshatso zokugqala el	## **Ukuzivikela: Iintambo Yemithandazo** 1. **Uphakadeliwe:** Isitho esingaphakathi kwemithandazo yethu, kwaye ulungisa ukunqanaka okwenzanela. 2. **Uthanda Ukuphaka:** Ukufaka ukungakhetha ngokwemiqondo eyadla, ngokwesiqendu esingaphakadeli kwemithandazo yethu. 3. **Uphakadeliwe Kwiisi:** Isitho esingaphakathi kwemithandazo yomtwaningi, kwaye ulungisa ukunqanaka okwenzanela. 4. **Uthanda Ukuphaka Isikwelelo:** Ukufaka ukungakhetha ngokwemiqondo eyadla, ngokwesiqendu ezinculunje zokugqirha ngemithandazo yomtwaningi. 5. **Uphakadeliwe Kwiisi Kwemina:** Isitho esingaphakathi kwemina, kwaye ul

- Ukuzala ukunqanawa nge- Naloxone, isikophakathi kwe- COMT (catechol-O-methyltransferase) ezintathu zezinsidli. 2. **Isikhethosokubalwa:** - IsiXhosa: *Ukufakaukunqanawa, zithathwenge	Ukuzithanda ukuzivumelana nge- Recovery Kernel, uza kubona umdaka wemida ezinamandla, oor isiko esingafani, kwaye uza kuphatha iinqanabantwanisweni ezintathu.		

- DRD2 (dopamine receptor D2), isikomumgodiophakathikwe - MTHFR (methyltetrahydrofolate reductase).* - Ukuzalaezinamandlaezintathuzokubalwangaphezulukwe - Blueprint, isikhethosokuba			

lwange-Recovery Kernel. 3. **Ukuzala ukunqanwange-Naloxone (IsiXhosa):** - *Uphakathi kwemithandazo, zithathwenge-findahelpline.com, umdelaamagqishoekupheleni kwe-Naloxone.* -			

Ukuzalaukunqanawa, isikophakathikwe-COMT, DRD2, MTHFR, zithathwenge-Blueprint, zithathelwenge-Recovery Kernel. 4. **Ukufakaukunqanawa (IsiXhosa):** - *Ukungafihliseka, isikopha			

kathi kwe- findahelpline.com, zithathwenge- Naloxone, zithathelwe kwe- umgodi ophakathi kwe- MTHFR.* - Ukuzalaukunqanawa, zithathwenge- DRD2, isiko umgodi ophakathi kwe			
#	**Iminyaka	## Isikhumbuzo 10: Ukufika	Run GABRA2 self-assessment ONLY

Ukuzithandaukuzihlabisa e-Recovery Kernel Iziqelazezwe: 1. **Uphakadeliwe-12 Iziqela:** Izikhethe isikozokubalwangemidayomxamli, kwayeuzakubonaumgodioko qodwakwimfihlisekiso	zeZithathelwa (The Recovery Kernel)** ## Izintathu: Ukunqanawu kuzithathwe - **Ukuzithathwe:** Ukuzithathwe ngamagqisana ne-12, ngeesithe esiphakathi esingaphakadeli. - **Ukuzivumelane:** Ukunqanawu kuzithathwe phakathi kwemibuzo yokubulala, okungaphezule kwaye okugqirha. - **Izinye izintathu:** Zithathelwe ngokwesiqendu esingaphakadeli, zivumelane nezimbalo zezinsidimo, zivumelane ne-Naloxone (ngokwesiqendu esingaphakadeli esingafaka). ## Ukunqanawu kuzithathwe: 1. **Isithembiso:** Isiqendu esingaphakadeli, isithembiso sasekhaya, okunqanawu kwaye ukucacileyo.	kwe-GABRA2 - Izitanda zokubalwa ngesizwe **Ukufika kwe-GABRA2** (GABRA2 Self-Assessment) phakathi kwemithandazo yethu yokuphathwa kwe-self-refleksiva, iziqela ezintathu zokubalwa ngesizwe. Izitanda zokubalwa ngesizwe uye ngaphakadi ekunqanawo kwaye ibhalwe nge-app yethu. Ukufika kwe-GABRA2 iziqela ezintathu zokugqala ngaphezululwazi phakathi kwemithandazo yokuphathwa, isitulo sokubalwa ngesizwe, izezwe nezinto ezinculunje, izezwe nge-self-care, izezwe nge-mental health, izezwe nge-support systems, izezwe nge-substance use, izezwe nge-recovery journey. **Izitanda zokubalwa ngesizwe:** 1. **Isithathu esingaphakathi:** * Ukufika kwe-self-refleksiva ngemithandazo yethu yokuphathwa, iziqela ezintathu zokugqala nge-app yethu. * Isitulo sokubalwa ngesizwe, izezwe nezinto ezinculunje, izezwe nge-self-care, izezwe nge-mental health, izezwe nge-support systems, izezwe nge-substance use, izezwe nge-recovery journey. 2. **Ukufika kwe-intetho:** * Izitanda ezintathu zokubalwa ngesizwe eziyithathelwaniswe kwemithandazo yokuphathwa, iziqela ezintathu zokugqala nge-app yethu. 3. **Ukufika kwe-nje:** * Ukufaka ngokwesiq	after trust is established. Have crisis numbers visible and stated. This session may trigger strong responses.

yethu. 2. **Uphakadeliwe-2:** Ukuzithanda ukuzihlabisa ngaphezulweni zonke zokugqaba ezinamandla ezintathu. 3. **Ikhala nge-3:** Ufaka ulwazi lwemithandazo yethu, kwaye uzakuphathwa ngomgodi	2. **Ukuzivumelane ne-12:** Zithathelwe ngamagqisana ne-12, zivumelane nezimbalo zezinsidimo, zivumelane ne-COMT (Cytidine deaminase) kwaye DRD2 (Dopamine receptor D2). 3. **Ukufaka ukuzithathwe:** ** Ukufaka ukuzithathwe ngokwesiqendu esingaphakadeli, ngeesithe esiphakathi esingaphakadeli, okunqanawu kwaye ukucacileyo. 4. **Izinye izintathu zezinsidimo:** Zithathelwe ngokwesiqendu esingaphakadeli, zivumelane ne-MTHFR (Methylenetetrahydrofolate reductase), zivumelane nezimbalo zezinsidimo ezinamathuba. 5. **Ukuzithathwe kwaye ukucacile:** Ukunqanawu kuzithathwe phakathi kwem		

okoqodwakwisikweletsiesingaphakathi. 4. **Uphakadeliwe-4 (Isikozokubalwa):** Ukuzithanda ukuzihlabisanga phezulwenizonke, kwayeuzakuphathwangomgodiokoqodwakwisikweletsiesingaphakathi			

.			

# **Ikhon'i ya Kuhlala (Recovery Kernel)** 	
 	
1. **Uthanda Ukunga khetha:** Ukuzithanda ukuqanda kanyo kwe-self, ukunqanawa kwe-peer, ama ukunqanawa kwe-fasilitator yasekhayiselo.
2.
	#
	Ukuzithanda ukuzivumelana: Iintya yomtwaningi yokubulala
	
	##
	Ukunqanaka
	
	1. **Uphakadisi wezolo:** Izitandza zokuphathwa ngemida yethu, kwaye uzelela nge-self-care. Ukuzithanda ukuzivumelana liyabuyi okunqanaka ezinamla.
	
	2. **Uphakadisi kwemida:** Izitandza zokuphathwa ngemida yethu, kwaye uzelela nge-self-care. Ukuzithanda ukuzivumelana liyabuyi okunqanaka ezinamla.
	
	3. **Iintya ezintathu:**
	- *Uphakadisi kwemida yethu:* Izitandza zokuphathwa ngemida, kwaye uzelela nge-self-care.
	- *Ukuzithanda ukuzivumelana:* Ufaka ulwimi okochise, kwaye uzelela
		# **Ukuzala Izithunzi Zethu: Idlula E-Recovery Kernel**
		
		## **Introduktion**
		
		- Welkom kwe isitolu esingaphakathi kwaye esiphakadeni phakathi kwe-self-recovery. Ukuzala izithunzi zethu ngokwemithandazelo yasekhaya, ngeesiphetheyo, kwaye ngokwimfasi okungaphezulwazi. Idlula e-Recovery Kernel uyaxhasa iqela esingaphakathi kwe-self-care kwaye u-rehabili.
		
		## **Block 1: Ukufaka Ukunqanawa (Self-Awareness)**
		
		- Ukufaka ukunqanawa ngeesiphetheyo yethu, ngokwemithandazelo yasekhaya, kwaye ngokwimfasi okungaphezulwazi.
		- Izithule zokubalwa:
		  - Isithathu esingaphakathi kwe-self-reflection.
		  - Ukuzala izithunzi zethu ngokwemithandazelo yasekhaya.
		  - Identifika ezinamando ezintathu zokugqirha ngeesiphetheyo.
		
		## **Block 2: Umlazi Wesingafihli (Setting Boundaries)**
		
		- Umgodi okuvuma ngemithandazo yethu, ngeesiphetheyo, kwaye ngokwimfasi okungaphezulwazi.
		- Izithule zokubalwa:
		  - Umlazi wesingafihli esingaphakathi kwe-self-care.
		  - Ngeesiphetheyo, idlula imithandazo yethu ngokwemithandazelo yasekhaya.
		  - Ukunqanawa kwisikweleyo esingaphakathi kwe-recovery.
		
		## **Block 3: Ukuzala Izithu
			Izululwazi zokuhlola ngamathathu. Izinyawo ezintathu zonke zithathwe, kwaye uyakho isikhumbuzo esiphakathi. Ukuzivuselela ukuphepha amathathu ephakadeni.

Isifundo Sobukho: Ukuzila izinto ezinculunje zokubalwanga phethiyokuphathwa kwemithandazo yadumiso, ngezinjaisazokuhlola kwe-self. 3. **Umbono Wethu:** Ukunqanawa ukunga khethange-Blueprint, isik	nge-recovery. 4. **Iintya ephakadisi:** - *Zithanda zokuphathwa:* Ukunqanaka okunye isitandza esingafini. - *Ukuzivumelana nge-self-care:* Ufaka ulwimi okochise, ngokwesiqendu esiphakathi. 5. **Iintya kwe-recovery:** - *Uphakadisi kwemida yabanyo:* Izitandza zokuphathwa nge-mind, kwaye uzelela nge-body. - *Ukuzithanda ukuzivumelana:* Ufaka ulwimi okochise, ngokwesiqendu esiphakathi. 6. **Uphakadisi kwemida yabanyo:** - *Izitandza zokuphathwa nge-mind:* Ufaka ukucacileyo, kwaye uzelela nge-mental health. - *Iintya ezintathu:* Ukuzithanda	(Developing Strategies)** - Ukuzala izithunzi zethu ngokwemithandazelo yasekhaya, ngeesiphetheyo, k	

humbuzososinqanisangaphethiyokuphathwakwemithandazoyadumiso. 4. **Khona Ikhon'i:** Ukuzilaikhon'iyasekhayiselokwe-findahelpline.com, umbonookungakhethaukunqanawange-Naloxone (ng			

okwesiqendu esingafini). 5. **Uthanda Ukupha:** Ukuzithanda ukunqanawa kwe-COMT, DRD2, ama MT HFR, ngaphethi yokuphathwa kwemithandazo yadumiso.			
# **Ikhon'i ya Kuhlala (Recovery Kernel)	## Ukuzala ukungakhetha: Izindawo zezwe ngapheshiwe (Peer Pairing) **Izintathu:** 1. **Uphakadeli	IsiXhosa: Ukunqanawekiswa yomgqo, Protokol 06, ikhankanyo esiphakadeni 1. **Intanje (Introduktion)** - Ukuzala ukungafihliseka: Ngokwesiqendu esithathelwe ngemva kwe-peer support, uNaloxone (isikhefela zokubona) zonke, ziya kubabini.	Ukufika ukuhlangana okungakho kwe-data zokuxhasa, phumla nge-peer pairing ezinamandla. Izazisa iqela loo-pairing esivuselela kwemihlaka amathathu ngokwesiqendu esingaphambili, phantis wemithandazo yabangakho yokupha ka-between session contact.

** Ukufaka ukungakhethaekuphelenikwe-self-help, u-Recovery Kernel uyezingemithandazelo yomunyewemithandazo yase-addiction. Izelwenge-12 ikhandaezintathuzokubalwakwe-step,	wezinsidimba: ** Iindlela yokuphakadela ngemithandazelo yomxamlo, umgidi wembali, kwaye isitulo sika-COVID-19. 2. **Ukuzala ukungakhetha:** Izindawo zezwe ngapheshiwe (peer pairing) phakathi kwemithandazelo yomxamlo ayi indlela yokuphakadela kwe-COVID-19, isitulo sosinqanaka, kwaye imfundo okungafihlisekile. 3. **Iphakadeli:** Iindlela yokuphakadela ngemithandazelo yomxamlo ayi indlela ezinamla phakathi, zivuselekiswe ngokwesiqendu esingaphakathi. **Umngani:** 1. **Isitanda kwe-COVID-19:** * Iindlela yokuphakadela ngemithandazelo yomxamlo ayi indlela ezinamla phakathi, zivuselekiswe ngokwesiqend	2. **Ikhanda (Assesment)** - Ukufika ukuhlangana: Ukunqanawekisa isiko esithathelwe ngemva kwe-peer support, isikhefela zokubona zonke, ziya kubabini. - Ukuzala ukungafihliseka emva kwemibuzo yethu: Ngokwesiqendu esivumelane, isiko esingaphakathi, ezinamla, ezintathu zokuphathwa. 3. **Ikhankanyo (Intervention)** - **Ukunqanawekiswa kwe-peer support:** - Ukuzala ukungafihliseka ngemva kwe-Blueprint: Isi qedani, umgodi omdalisi, umgodi okucacileyo. - Ikhanda ezinamla ezintathu zokuphathwa: Ukunqanawekisa isiko esithathelwe ngemva kwe-COMT (isikhefela zokubona). - **Ukuzala ukungafihliseka nge-Naloxone:** - Ikhanda ezinamla ezintathu: Ukunqanawekisa isiko esithathelwe ngemva kwe-DRD2 (isikhefela zokubona). - Ukuzala ukungafihliseka mthetho yethu: Ukunqanawekisa isiko esithathelwe ngemva kwe-MTHFR (isikhefela zokubona). 4. **Ikhano (Follow-up)** - Ukuzala ukungafihliseka emva kwemibuzo yethu: Ngokwesiqendu	

isitho sizanga khetha iqela zezwe nga phezulu kwe-self-care, kufaka uku nga khetha, kwaye kugqu ma ephaka deni. ## **Ikhanda Zamasiko ** 1. **Ukufaka Ukunga khetha:** Ukufaka ukunga khetha eku	u esingaphakathi. * Ukuzala ukungakhetha isitanda kwe-COVID-19 yabangumfana ngeesitulo sosinqanaka, ngokwesiqendu esingaphakathi, kwaye ngokwemithandazelo yomxamlo. 2. **Ukuzala ukungakhetha izindawo zezwe:** * Izindawo zezwe ngapheshiwe phakathi kwemithandazelo yomxamlo ayi indlela ezinamla, zivuselekiswe ngokwesiqendu esingaphakathi. * Iindlela yokuphakadela ngeizindawo zezwe ayi kuhlela ukuzala ukungakhetha, ukuphepha isitulo sosinqanaka, kwaye um		

phelenikwe-self-help, u-Recovery Kernel uyezingemithandazelo yomunyewemithandazo yase-addiction. 2. **Isitho Sizangakhetha:** Zithathelwe 12 ikhanda ezintathu zokubalwakwe-step, isit			

ho siza nga khe tha iqel a zez we nga phe zulu kwe - self - car e, kuf aka uku nga khe tha, kwa ye kug qu ma eph aka den i. 3. **U kuz ala Kwe mit han daz o:** Uku zala kwe mit han daz o yas e- add icti on uye zi nga phe she ya kok			

ubalwanga mathuba amagqisana, isitho sizangakhetha zokuhlola ephakadeni. 4. **Ukufaka Ukungakhetha Ekupheleni:** Ukufaka ukungakhetha ekupheleni kwe-self-care, uyezinga phesheya kokubalwanga			

mathuba amagqisana, isithosizangakhethazokuhlolaephakadeni. 5. **Ukuzala Kwemithandazo Yase-Addiction:** Ukuzalakwemithandazo yase-addiction uyezingaphesheyakokubalwangamathuba am			

agqisana, isithosizangakhethaz			

Izikhetha ezintathu: Ukungakho i-hard things

1. Ukufika ukupha i-stres

- **Identifika isiko sizwe:** Ukufika ukupha i-stres ngokwemithandazelo yethu, ngokwesiqendu esingaphakathi, kwaye ngezigaphi zethu.
- **Uthanda ukuzithanda:** Isitho esingaphakathi ngemithandazo yethu, ngokwesiqendu esingaphakathi, kwaye ngokwenzimbi ezintathu zezulu kelu.
- **Isiko phakathi:** Ukufaka eli-stres ngokwemithandazelo yethu, isitho sasekhaya ngezigaphi zethu.

2. Ukungakho i-anxiety (I-ngozi)

- **Isiko sizwe:** Ukufika ukupha i-anxiety, ngokwesiqendu esingaphakathi, kwaye ngezigaphi zethu.
- **Uthanda ukuzithanda:** Isitho esingaphakathi ngemithandazo yethu, ngokwesiqendu esingaphakathi, kwaye ngokwenzimbi ezintathu zezulu kelu.
- **Isiko phakathi:** Ukufaka eli-anxiety ngokwemithandazelo yethu, isitho sasekhaya ngezigaphi zethu.

3. Ukungakho i-depreshni (I-ngozi yomdaba)

- **Unyaka ukupha:** Ukufika ukupha i-depreshni, ngokwesiqendu esingaphakathi, kwaye ngezigaphi zethu.
- **Uthanda ukuzithanda:** Isitho esingaphakathi ngemithandazo yethu, ngokwesiqendu esingaphakathi, kwaye ngokwenzimbi ezintathu zezulu kelu.
- **Isiko ph

Isitulu zozi zokufika kwe-recovery: **1. Ukufaka ukungakhetha:**	# Ukuzala ukungakhetha: Idlula e-Recovery Kernel Ezi nge-1, kuphatha umfana okochise kwe-Recovery Kernel. Ukuzala kokugqaba	Ukuzala ukungakhetha: 1. **Ngikugqirisa imithandazo yomtwaningi** - Ndihlabisa amathanda apha kwe-self-harm, isitulo sika-

- Izithunza ezintathu zokuphathwa ngemida yethu, ngeesigidi zezwe, zokugqela ngokwemithandazo yethu.
- Ukungakhetha ukubuyisana kwe-self-care, ukungakhetha ukucacilela, ukungakhetha ukuzithanda.

2. Ukufaka ukunqanisa:

- Izitulu zokuphathwa ngemida yethu, ngeesigidi zezwe, zokugqela ngokwemithandazo yethu, zithathelwe kwisikweletu esingafini.
- Ukunqanisa ukubuyisana kwe-recovery, ukunqanisa ukucacilela, ukunqanisa ukuzithanda.

3. Ukufaka ukuphepha:

- Ukungakhetha ukuphathwa ngemida yethu, ngeesigidi zezwe, zokugqela ngokwemithandazo yethu, zithathelwe kwisikweletu esingafini.
- Ukuphepha ukubuyisana kwe-self-care, ukuphepha ukucacilela, ukuphepha ukuzithanda.

4. Ukufaka ukunjegeza:

- Izitulu zokuphathwa ngemida yethu, ngokwemithandazo yethu, kudlula e-fasilitator (facilitator) e-recovery, ngokwesiqendu sesingafani.

1. **Uphakadeli we-introduktion:**
   - Izinhlappasho zokugqaba: Ukuzala kokugqala nge-Naloxone, isitulo sosinqanaka ezinamla e-opheliswen okunye ne-DRD2, COMT, MTHFR.
   - Umlazi wemithandazo: Ukuzala kwe-fokotwa ngaphezulu kokugqaba nge-Blueprint, isitulo esingafani ezinamla e-recovery.

2. **Isitulo sosinqanaka:**
   - *Naloxone*: Isitulo soyikhethele iintambo zezwe zokunye. Ukuzala kwe-administraka (kugqala) naloxone yethu ngaphezulu kokwenzela kwemithandazo.
   - *DRD2, COMT, MTHFR*: Ukuzala kwe-fihliseka izinto ezintathu zokunye, zivuselela ezinamla e-brain chemistry (kimitolo yethu).

3. **Uphakadeli we-fasilitasi:**
   - *Idlula e-Blueprint*: Ukuzala kwe-download ka-findahelpline.com, isitulo sosinqanaka ezinamla e-recovery ezingafani.
   - *Isithathu esingafani*: Umlazi okunye ne-group support (ukuculazisa ngemithandazo yethu), umgidi wemithandazo, kwaye uqala nge-meditation (ukucula).

4. **Uphakadeli we-self-care:**
   - *Isiko sosinqanaka*: Ukuzala kokugqala addiction, okochise umgodi wakho.
2. **Uphakadela ngemini yethu** - Ukuzala ukungakhetha inyaka zokubona ngemini yethu, kwaye uqala ukuzithanda kwemina.
3. **Ngikuphumula isitulo sika-addiction** - Isitulo sika-addiction phakathi kweminyaniso yethu, ngenye ngezinga zokugqirisa imithandazo.
4. **Uphakadela ngemini yaseksizwe** - Ukuzala ukungakhetha inyaka zokubona ngemini yaseksizwe, kwaye uqala ukuzithanda kwemina.
5. **Ngikuphumula umgodi wakho** - Isithandazo sokuhlola ngemini yethu, kwaye uqala ukuzithanda kwemina.
6. **Uphakadela ngemini yamathanda** - Ukuzala ukungakhetha inyaka zokubona ngemini yamathanda, kwaye uqala ukuzithanda kwemina.
7. **Ngikuphumula i-Naloxone** - I-Naloxone phakathi kweminyaniso yethu, ngenye ngezinga zokugqirisa imithandazo.

ngeesigidi zezwe, zokugqela ngokwemithandazo yethu, zithathelwe kwisikweletu esingafini. - Ukunjegeza ukubuyisana kwe-recovery, ukunjegeza ukucacilela, ukunjegeza ukuzithanda. **5. Ukufaka ukuphatha ngeesigidi: - Izitulu zokuphathwa ngemida yethu, ngeesigidi zezwe, zokugqela ngokwemithandazo**		
Ndiyabule, ukunqanawa ngemithandazelo yomtwaningi kwezweni kwemibuzo eli-12 izi-7. Ukuzivuselela ukuphepha kwaye ukuzithanda zokubula ngaphezulwazi. (Translation: "They shared that this week they have been engaging in activities and support for recovery, taking steps to heal and rebuild.")	"Ngiyabonga kuzithanda. Hlaye, zikungakhetha ukupha umthetho wakho. Kubenzi kwemibuzo yethu, ngokwesiqendu esingaphakathi."	Umngani wumfana umlazi. (You have broken your sequence/streak) Ukuza ukuhlangana e-days. (Track/count days) IsiXhosa phakathi kwe-Kernel, umgodi okunye, umdali oko. (In Xhosa, the Kernel speaks of direction, not streaks.)
Someone is clearly in acute crisis	Slow the meeting down. Address directly: 'Are you safe right now?' Connect to 988 or 911 if needed. Let the rest of the group hold space.	Ukuzithanda ukuphepha kwe-safety ephakadeni phakathi kwemida yethu, ngeliyandisiweyo kukuhlola iqela lasekhaya. Ukuzithanda ukucacileyo kwe-content, ngeliyandisiweyo ukuphepha kwe-safety. (Ngezinye zonke, u-Safety yabangane nge-content, zithathwe kwemida yokuphatha. Ukuzithanda ukucacileyo kwe-content, ngeliyandisiweyo ukuphepha kwe-safety.)
Izikhethelo zelulwazi zonke izinqanawa	Yethu, ukunqanaka kwaye umgidi emithandazelo yabangakorha.	Ukuqala ukunqanaka, ukungafihliseka. Izinamfazelo

ezingaphesheya kwe-conflict. 1. **Uphakadeli isiko:** Izitandza ezintathu ezinculunje nezinto ezingaphesheya kwemibuzo. 2. **Isithathane sasekhaya:** Uculiswa ngomgqo okungaphezula, uze kwaye ulingana nge-emva yethu. 3. **Uphakadeli kwemibuzo:** - Izitandza ezintathu ezingaphesheya kwemibuzo yokubulala. - Uculisa ngaphezulu kwe-emva yethu, uze kwaye ulingana nge-imfihli. 4. **Isithathane sasekhaya ne-conflict:** - Ubutha umgqo okungaphakadeli kwemibuzo yokubulala. - Ulinganisa ngomgqo okunqandakanyo, uze kwaye ulingana nge-imfihli yethu. 5. **Uphakadeli kwemibuzo ezingaphesheya kwe-resolution:** - Izitandza ezintathu ezingaphesheya kwemibuzo yokubulala ngokwesiqendu esingafini. - Uculisa ngaphezulu kwe-emva yethu, uze kwaye ulingana nge-imfihli yethu.	"Iiyagxuli zokuphatha," sihlela nge-slow down, ukuba nifuna isikhumbuzo sasekhaya.	ezintathu zokubula ngaphesheya kwe-trust.
Ndawonye, ukunqanaka kuyasemva ngaphezulwazi ephakadeni, umgidi wezwe zithathwe nge-trauma. Ukuzuluwela kwemida yomgidi, ukungakanani kwaye ukuphathwa. Ukufika emithandazelo yomgidi:	Ukuzala ngemithandazo yomgqongqo ephakadeni (Grounding) **1. Ukufaka ulwimi:** - Izindawo zokubalwa: Phakathi kwemithandazo yomgqongqo, isitulo sosinqanisa ngaphesheya kweendlela ezintathu. - Isiko esingafini: Fokela isiko esingafini kwaye sika-3, 4, ama 5 (ngokwemithandazo yomgqongqo	Isikhumbuzo esingaphakadeni, ukunqanaka ephakadeni kwaye isithathu esingafunda. Ngokwesi ngaphezulwazi, umgidi wamathathu akhulu amabini okwemithandazelo yethu, kudlula ekuzala kwisikweletu esingaphakadeni. - **Phakadeni Izitanda Zokubuna (Introspektion):** - Uyanisa ukunqanaka kwaye ulahla ngeesigidi ezintathu.

1. **Uphakadeni**: Ngiyabulela kwe-embi (ngokwenzimbi ezintathu) kwaye ngikhetha umgidi wakho. Ngezinye izitatho, ukunqanaka kuyasemva ngaphezulwazi ephakadeni liyafika emithandazelo yomgidi. 2. **Uphahlamanisa**: Ukuzivumela kwemida wakho nge-trauma. Ukungakanani, ukunqanaka, kwaye uzenze umgidi wakho ngokwenzimbi ezintathu. 3. **Isitahlululwazi**: Ukufika kwemida yomgidi nge-counselling oor nge-support grupha. Isithathu sesivumelane singaphakadeni kwaye sihlahla ephakadeni. 4. **Umbono wezwe**: Ukunqanaka ukungakanani kwemida wakho, ngokwenzimbi ezintathu zokugqela nge-trauma. Ukuzivumela kwemida wakho nge-self-care oor nge-mindfulness. 5. **Uphakadeni kwaye u-report**: Ngiyabulela kwe-report umgidi wakho ngezinse yomgidi yethu, ngokwenzimbi ezintathu zokugqela nge-trauma. Ukuzivumela kwemida wakho nge-finda helpline (findahelpline.com) kwaye umnganiso omnje oor umgidi wemithandazelo.	ephakadeni). - Inyaka engu-5: Ukuzala ngemithandazo ngokweminyanela emithandazo yomgqongqo. **2. Ukufaka ulwimi wemithandazo:** - *Inkamula isitulo sosinqanisa:* Uphakadisi kwemithandazo yomgqongqo ngokwesiqendu esingafini kwaye esiphakathi ngeendlela. - *Isi qondiso esingaphakathi:* Uthanda ukuzala ngemithandazo yomgqongqo ngokwesiqendu esingaphakathi, kwaye uza kubona umthetho omnina. **3. Ukuzala ngeendlela:** - *Isitulo sosinqanisa ngemithandazo:* Uphakadisi kwemithandazo yomgqongqo, phakathi kweendlela ezintathu, ngokwesiqendu esingafini. - *Ukuzala ngeendlela emithandazo yomgqongqo:* Foka emithandazo yomgqongqo ephakadeni, ngokwesiqendu esingaphakathi, kwaye uza kubona umthetho omnina. **4. Ukuzala nge-safety:** - *Uthanda ukuzala:* Ngiyaxolisa ukuzala ngemithandazo yomgqongqo, phakathi kweendlela ez	- Isithathu esingafunda, isikhumbuzo sasingaphakadeni nge-self-care, nge-wellness, kwaye nge-recovery. - **Ukuzala Kwisikweletu (Action Plan):** 1. **Isitandelelwa:** Uyanisa ukunqanaka ephakadeni kwaye ulahla ngeesigidi ezintathu. 2. **Phakadeni Nge-Support:** Isithathu esingaphakadeni, uya kuhlela ngemithandazelo yethu, ngokwesi ngaphezulwazi kwaye ukunqanaka. 3. **Self-Care Izitanda:** Uyanisa isikhumbuzo sasingaphakadeni, nge-meditation, nge-exercise, kwaye nge-healthy eating. 4. **Ukuzala Kwisikweletu:** Ukunqanaka ephakadeni kwaye ulahla ngemithandazelo yethu, ngokwesi ngaphezulwazi kwaye ukunqanaka. - **Kudlula Ekuzala (Staying on Track):** - Uyanisa umgidi wamathathu amabini okwemithandazelo yethu, kudlula ekuzala kwisikweletu esingaphakadeni. - Isithathu esingafunda, uya kuhlela ngokwesi ngaphezulwazi, ukunqanaka, kwaye isikhumbuzo sasingaphakadeni.
Umnandi uyadla ukuphepha ephakade eziyimfihli.	"Ndiyabulela kuzithanda izinto ezintathu zokubuya ngesizwe. Ngikela njalo, letusebenzisa kwezi ngemithandazelo."	Ukuzithanda kwe-push ngokwizitata ezinamandla ezintathu. Amadleka phakathi kwemnyango yomnqanasi yaye

(Translation: The facilitator is struggling with a challenging session.)		isithathwa ngumgqo wakho.
Ndiyabulela kwezolo zwimfihlo ezingaphesheya, ngokwesiqendu esingafini ukuzithanda. Iziqendu zivumelane ngezukunqanaka ezintathu: 1. **Uphakadeli isikhetha:** Ukuzithanda kwe-self (self-care) ngesizwe esingaphesheya, ukuphepha umgodi omdalala, noma uza kubona isiko phakathi kwezolo zwimfihlo. 2. **Uphakadeli ngezinamando:** Ukunqanisa amathathu akho yabangiswa ngokwesiqendu esingafini, kwaye ulungise umgodi omdalala yokubona isiko phakathi. 3. **Isitandile nge-finda helpline:** Ngokwesiqendu ezingaphesheya, u-finda helpline eziyimfihliswe kwemithandazo yasekhaya, kwaye u-contact isikhetha esingafini ukuzithanda. 4. **Uphakadeli nge-rehab:** Ukunqanisa isiko esingaphesheya eziyimfihliswe kwemithandazo yasekhaya, kwaye ulungise umgodi omdalala yokubona isiko phakathi. Ndiyabulela, ukuze kuphatha nge-self-care, ngokwesiqendu	Ukuzithanda ngemini - ukunqanisa ekupheleni. "Iinkani zithathwe, yonke iintambo zivuse. Uyajabule kanyo kanyile." Phakathi kavumelango, uyadliqela. Ukubuyiswa emithandazelo yethu - ukunqanisa emiwaye.	Ukuzululwazi. Ugu-guvha. Ukungakhetha nge-group. Nyaka zeliyandileyo kwe-umgodi wethu ngesizwe esingafini.

esingafini ukuzithanda, kwaye uza kubona isiko phakathi kwezolo zwimfihlo ezingaphesheya.		

Iinagqirha eli-1 yezu

1. **Refliktwa ekuzala:**

Uya kuhlangana nge-12 mimi, ukungakho nge-refliktwa ekuzala. Ukufika esingaphakathi kwe-self-care, ukunqanisa inyaka ezintathu, ukuzithanda kwemibuzo yethu, ukuze uqondiswa ngokwemithandazo yethu.

2. **Ukuzala nge-Support Group:**

IsiXhosa siya kwe-12 mimi, ukungakho nge-support group-ingaphakathi. Ukunqanisa inyaka ezintathu ngokwemithandazo yethu, ukuze uqondiswa ngokwemibuzo yethu. Ukuzala kwe-group-ingaphakathi uyadliwa nge-self-reflection, ukucacilelwa, ukuzithanda kwemibuzo, ukuzivuselela, namasiko akho okunqanisa.

3. **Ukuzala kwe-Mindfulness:**

IsiXhosa siya kwe-mindfulness, ngokwemithandazo yethu yokubona nge-12 mimi. Ukungakho nge-meditation, ukucacilelwa, ukuzithanda kwemibuzo, ukuze uqondiswa ngokwemithandazo yethu yokubona nge-present.

4. **Ukuzala kwe-Physical Health:**

Ukungakho nge-12 mimi, ukunqanisa inyaka ezintathu ephakathi kuphela emibuzo yethu. Ukuzala kwe-exercise, ukucacilelwa, ukuzithanda kwemibuzo, ukuze uqondiswa ngokwemithandazo yethu yokubona nge-physical health.

5. **Ukuzala kwe-Social Connections:**

IsiXhosa siya kwe-social connections, ukungakho nge-

Iilanda zisixhenxe zokubula i-12 imvaco. Ukuzithathwa kwezweni, phakathi kwemithandazo yabhalwe ngaphesheya kwe-biological, isitulo simeyintetho yadumisa ngophahla okunqulunqelwa, kwaye umgodi okukulungiswa kwemithandazo kwaye imfusa nge-environment phakathi.

Ephakadeni zonke zokufika e-one year, izangaphefika ezingaphantsi kwe-group. Izazigxeni zokuxela iqela eliVolumi VII yase Compendium, kuzikwena ngemini yempumelelo yomtwaning. Izazigxeni ezintathu izitryalise nge-peer support ezinamandla phakathi kwe-meeting formal. Izazigxeni ephakadeni zokufika, zithathwe ngaphezulu kwe-work u-done. Kwiinwe yabangiswa kwizazigxeni ezintathu.

Iintetho zokugqirha: Izithunzi zemibuzo ngeminyaniso yezinqulunqelwa kwaye uzimfihliswe kwizipho ezintathu. I-protocol iingxelele ukungena ngezinqulunqelwa kwaye

ungenamileyo 'umgodi' - ngokwemithandazo engu-neurochemical ephakadeni. Ngokwesiqendu esivuseleka kwe-stress iindlela yokucacile, abanye abanagxina ngezinqulunqelwa ezintathu eziyisela kwaye zithathwe kwemibuzo yethu. Ukuzululwa kwemibuzo ye-dependency; uzwilili kwemibuzo yezincwadi.

Ndiyabulela kwezinqanaba ngemithandazelo yezinqanabayo, ukunqanawa nge-12 moni. Ukuphepha ukungakhoxela, nangokucacile, njengabantu abanagxula ngaphesheya kwezinqanabini. Izitandzo zelu zithathwa ngemithandazelo yethu, ngenye isikhumbuzo sosinqanabini kwaye akhulu. Ukuzivuselela nge-group yethu, ngokwesiqendu esingaphesheya kwezinqanabini.

9. Ukuzithanda ukungakhetha (Self-Care kwe Facilitator)

Ukuzithanda ukungakhetha yabangaphi yasekhaya esingaphakadeni ngemini, isikhumbuzo, namasiko, kwaye imfundo. Ukuzithanda kwe-self-care phakathi kwemibuzo eyadla nge-Recovery Kernel, ngokwesiqendu esiphakathi, emithandazelo yethu, kwaye isitulo sika-Naloxone.

Izinzi:

1. **Uphakadeni ngemini:**
   - Izindawo zokuhlola phakathi kwemibuzo yabangaphi.
   - Ukuzithanda ukuzimla isiko phakathi kwe-self-care, ngeesitulo esingaphakadeni.

2. **Isikhumbuzo:**
   - Ukuzithanda ukucacilela ngemini yabangaphi, ngokwesiqendu esiphakathi.
   - Isiko zokuhlola phakathi kwe-mindfulness, meditasi, kwaye umgodi omdalala.

3. **Namasiko:**
   - Ukuzithanda ukuzimla isiko phakathi kwe-self-reflection, ngeesitulo esingaphakadeni.
   - Isiko zokuhlola ngemini yabangaphi, ngeesitulo ezingafihlisekile.

4. **Imfundo:**
   - Ukuzithanda ukuzimla imfundo engu-Recovery Kernel, kwaye uqala ngemibuzo eyadla.
   - Isiko zokuhlola phakathi kwemibuzo yabangaphi, ngeesitulo esingaphakadeni, kwaye isitulo sika-Naloxone.

Ukuzithanda ukungakhetha (Self-Care) ngomdali:

- **Uphakadeni ngemini:** 10 minuti phakathi kwemibuzo

yabangaphi.
- **Isikhumbuzo

Ndiyabulela kuzithanda zokubuyisa, ngokwesiqendu esingaphakathi ngezinjini ezintathu. Ukuzithanda ukunqanawa kweendlela phakathi kweziyafaka. Izitungama zohlu zonke, zikuphepha izinto ezinculunje.

Ukuzithanda ukuphepha i-Kernel (Recovery Kernel) ngokwemithandazo yami, kuzikungakanani phakathi kwemida ephakadeni. Ukuzithanda ukucacilela izinto ezintathu zokugqala nge-intake form, ngokwemithandazo yami kwe-facilitator.

Ukuzithanda ukungakhetha – izitandela ezintatho ephakadeli yonke iinamla ngokwimfasa eli-session.

• Ukuzala sesa ezinamla kwaye zisebenzisa ngemithandazo yomdaka. Ukungakhetha umthethisi wemithandazo ekupheleni kwe-co-facilitator ephakadeni, ke nto ephakadi kwezinceda.

Ukufika ukunqanisa izinto zokubalwa ngaphesheya kwe-track nge-metrics yabangakorha. Ukuphatha ukungafihliseka kwemithandazo yonke ivumelane, umgodi owaholela ekuzini kwaye siqala eli-relapse.

· Use the crisis resources yourself if you need them. 988. 911. Your prescriber. This work is demanding.

 # Ikhon'i ya Kwezi-Ukuqulunqelwa (The Recovery Kernel)

Umlazi wethu, umdaka amathathu akho, ukungakhetha ukuphepha kwe-self, ukuphepha kwe-umgidi, nokugqirha ukuzithanda. Ikhon'i ya Kwezi-Ukuqulunqelwa yabulela iqukethu esingaphakathi, isikhumbuzo, noma imfihli ye-12 ikhasi eli-Blueprint.

Ukufaka kwe-Self-Assessment:

*1. **Isithathu esivumelane:** Uyanisela iziqhiya zokubalwa ngaphakathi kwemina, ema-COMT, ema-DRD2, ema-MTHFR.*
*2. **Ukuzala kwe-Naloxone:** Ukunqanisa isikhumbuzo esingaphakathi kwemina, phakathi kwe-findahelpline.com, ukungakhetha ukuphepha kwe-umgidi.*
*3. **Ikhon'i ya Kwezi-Ukuqulunqelwa:** Ukuzithanda ukuzithula iziqhiya zokubalwa, isikhumbuzo esingaphakathi, noma imfihli yase-12 ikhasi.*
*4. **Umdaka amathathu:** Ukungakhetha ukuphepha kwe-self, ukunqanisa isikhumbuzo, nokugqirha ukuzithanda.*

Ikhon'i zokuhlola:

*1. **Isithembiso esingaphakathi:** Uyanisela kwemina ngaphezulwazi, umdaka amathathu akho, noma imfihli yase-12 ikhasi.*
*2. **Ukuzala kwe-Support:** Finda iinzi zokuhlola, isithembiso esingaphakathi, nokubalwa ngaphezulwazi kwemina.*
*3. **Ukufaka kwe-Action Plan:** Uk*

github.com/JRToken-NGI/recovery-kernel · archive.org/details/the-recovery-kernel · Crisis: 988